

ORTHODONTICS 101

FRY Orthodontic
Specialists
-Since 1977-

Your smile is just the start!



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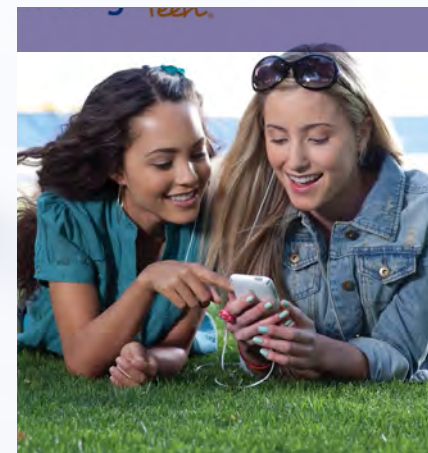


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BRACES 101

Since 1977, the Fry team has helped over 30,000 patients in the Kansas City area feel better, look better, and live better lives by helping them achieve straight, beautiful, and healthy smiles.



CAN CHEWING GUM HELP ME WITH MY BRACES?

Whether you just got your braces or you have had them for several months, you know the next day your mouth feels a little sore. The good news is that means your teeth are moving. So what causes that dull achy feeling? As your teeth move the specialized ligaments around your teeth stretch which gives you that achy feeling for a few days. One thing you can do to help alleviate the discomfort is to chew a piece of sugarless gum. The chewing action helps to “work out” the periodontal ligaments

so the achiness subsides faster. There also have been clinical studies which claim that chewing a piece of sugar free gum for 20 minutes after you eat can help prevent cavities by reducing acids in the mouth and making teeth more resistant to decay. So chew on, but remember not to swallow it.



DO BRACES HURT?

What to expect after you get your braces...

When you have braces placed or have recently have had them adjusted, your mouth may be sore for the first few days. Because your teeth are shifting and trying to get used to the new pressure, it can be uncomfortable when you eat! The pain is a lot like a bruise...it really only hurts when you touch it. Unfortunately, everytime you eat or bite together it's like touching that bruise.

There are a few things that can help during this time. Try to avoid foods that are tough to eat. Sticking with foods that you really don't have to chew for the first few days is best. Think soft and mushy! Foods such as mashed potatoes, soups, smoothies, rice, pastas, and steamed veggies are great examples. Though some orthodontists still do not “allow” patients to chew gum, sugarfree gum can actually reduce the pain of braces! We recommend this option to all of our patients. Taking an over

the counter pain reliever is a great idea, too. Using Tylenol and Advil will work best, but we recommend patients use what normally works better for them when treating a headache. Hang in there.... remember that this is all going to be worth it and that you are going to have an amazing smile that you are proud of!!!





WHAT TO DO BEFORE YOU GET BRACES

If you would like to start orthodontic treatment, there are a few things you should do beforehand. If you don't already have an orthodontist, get recommendations from friends or your regular dentist. Get at least two opinions, if possible. Orthodontists can vary in their treatment approach. If you don't like what one orthodontist says, get more opinions until you reach a decision you're comfortable with. Do not ever allow extractions to be done before getting a second opinion. With new technology and smaller brackets, most people do not need teeth extracted anymore! Many orthodontists have free

consultations. Most importantly pick an orthodontist that shows your values and that you can trust.

Research your dental insurance plan (or your spouse's) to see if any of the treatment will be covered. Understand your orthodontic coverage with your insurance company before you begin treatment because many companies will not pay if treatment is already in progress. Once you have gathered your information, you can make the wonderful decision to improve your overall health and self-esteem through orthodontic treatment!

At Fry Orthodontics, we start when the patient is ready. Most of our patients wear braces one time, for an average of 15 months.

HOW CAN I AFFORD BRACES?

Fry Orthodontic Specialists offers many flexible, affordable payment options. We will always try to work with each individual family to accommodate their financial situation. You may pay your portion in full after insurance is subtracted and receive a 5% discount. Or, you may put down a deposit (large or small) depending on your budget, in addition to paying a no interest and no finance charge payment plan. These payment options can be arranged to make your monthly payment very reasonable in order to fit your particular budget. Call 913-469-9191 today to schedule your free consultation to meet with a treatment coordinator and the orthodontist. They will give you various treatment and financial options so you can achieve the smile you have always wanted!

FREE CONSULTATIONS
LOW MONTHLY PAYMENTS
0% INTEREST

"I've only gotten as far as a consultation, but I appreciate the 'no rush' attitude.... Love that Fry is trying to make this as painless, inexpensive, and short lived as possible." -Mary

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DOES HAVING PERIODONTAL DISEASE MEAN I CAN'T GET BRACES?

Periodontal disease is an infection of the gums and the bone that support the teeth. A person with periodontitis will more than likely have significant gum recession and tooth mobility. This is the most serious stage of periodontal disease. In severe cases, bone loss can occur and teeth may loosen or even fall out. Whether you can get braces or not depends on how much bone loss you've had and if the orthodontist thinks treatment will be beneficial to you.

Before you get braces, the orthodontist will have you consult your dentist or a periodontist (if you haven't already). A periodontist is a dentist that specializes in gums and gum disease. If he/she can get your periodontal disease under control and stable, then normally they will approve you to precede with orthodontic treatment.



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HERE A WIRE, THERE A WIRE, EVERYWHERE A POKING WIRE.....

"WE LOVE it here. Those people work magic with wires and rubber bands, people!" -Nancy

During orthodontic treatment, it is normal to experience some rubbing or irritation from the braces, wires, or appliances. The arch wires move as the teeth move, so you may be fine one day, and have something poking the next. If an arch wire is causing irritation to your cheeks or lips, try to push it away from the area with a pencil eraser, cotton swab, or tweezers. If that doesn't help, then you need to cover the end of the wire. There are different things that you can use for a short term fix until you can

get in to see your orthodontist. Wax is the most common. Patients are normally given orthodontic wax at the time they get their braces. It's simple to use: roll it into a pea size ball, dry off the area in your mouth, then smoosh it on. That's it! It stays on pretty well and is not harmful if accidentally swallowed. You can still eat and brush with the wax on, but you may have to replace it throughout the day. Wax is also useful if you've had a brace that has come loose from a tooth. Cover the brace with the wax in the same way

you would a poking wire. If you are in a pinch, a good alternative is sugar-free gum. Just chew a small piece and cover the area that is irritating your mouth. Make sure that it is sugar free though; you don't want to get any cavities! A few other ideas to get you by until you can be seen are cotton balls, gauze, sticky rice, or an orange peel (clean it first before putting it into your mouth). These are things that you can place between the wire and your cheek to prevent further discomfort. If you feel brave, you can attempt to cut or trim the

wire. Use a clean pair of nail clippers/wire cutters/scissors, but be careful because you could end up breaking off a brace. While we hope that you don't have any orthodontic emergencies during your treatment, they can happen on occasion... but luckily are rare. It always seems that weekends are notorious for unexpected annoyances, but with these tips you can get yourself comfortable until the next business day or your next appointment.

EARLY BRACES: TO DO, OR NOT TO DO?



There was a great article in the Wall Street Journal about early braces. The article discussed the increase of early braces across the US since 1990. This article highlights some of parents' confusion. There is a lot of variance from orthodontist to orthodontist: some do a lot of early treatment, and we tend to not do as much.

At Fry Orthodontic Specialists, our main goal is to make sure that a patient's orthodontic experience is as short as it can possibly be: this decreases the money that patients/parents have to pay; it reduces missed school days; and it prevents the increased risk of other dental problems (cavities, etc.) that can be seen with braces. In general, this means that a patient should get braces only once. After all of the baby teeth are gone, and we know all of the "problems" that need to be fixed, it allows for a much more efficient orthodontic treatment.

There are really only 3 reasons to do braces early: 1) Certain bite problems (crossbites), 2) Some abnormal growth of teeth (very rare), or 3) If there are social reasons (self-esteem). We find that in our office this group of patients is less than 10%. Most patients don't need any kind of orthodontic treatment until they have lost all of their baby teeth.

Although we do not do a lot of early orthodontic treatment, it is always best to begin seeing patients around age 7, at least annually. These appointments allow for us to develop a relationship with patients and their family while observing their growth. The treatment that usually begins much later will progress better with us having more knowledge of their growth.



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IS IT NORMAL TO FEEL SORE AFTER THE BRACES ARE PLACED?



Unfortunately, yes. When you get your braces, you may feel a general overall soreness in your mouth. It is very normal for your teeth to be tender for three to five days, but everyone is different. If the soreness is severe, you can take Tylenol (Acetaminophen) or Advil (Ibuprophen) as directed. Stronger pain meds are not necessary and most orthodontists do not have a license to write prescriptions for patients. The lips, cheeks, and tongue may also become irritated as they 'toughen up' and become accustomed to the surface of the braces. You can put wax on the braces

to help with the rubbing or discomfort. Even sugarless gum will work in a pinch! It is also beneficial to eat a soft diet for the first few days after your braces are placed (ex: soup, pasta, mashed potatoes, yogurt, smoothies, oatmeal, etc.). This will allow the glue to fully set up which prevents brackets from coming off, but also will help with your sore teeth. We understand that getting braces is a lifestyle adjustment for most people, but please know that it gets better. Be patient...it will all be worth it in the end. Until then, keep brushing, keep flossing, and keep smiling!

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WHAT FOODS SHOULD MY CHILD AVOID WITH BRACES?

It's a good idea to skip foods that can damage or dislodge the braces. Avoid hard foods such as candy, raw carrots, corn on the cob, pretzels, nuts, popcorn, and crushed ice. Other foods to avoid are sticky foods such as caramel as well as taffy or gum that contains sugar. These foods can cause loose brackets and broken wires. Constant loose

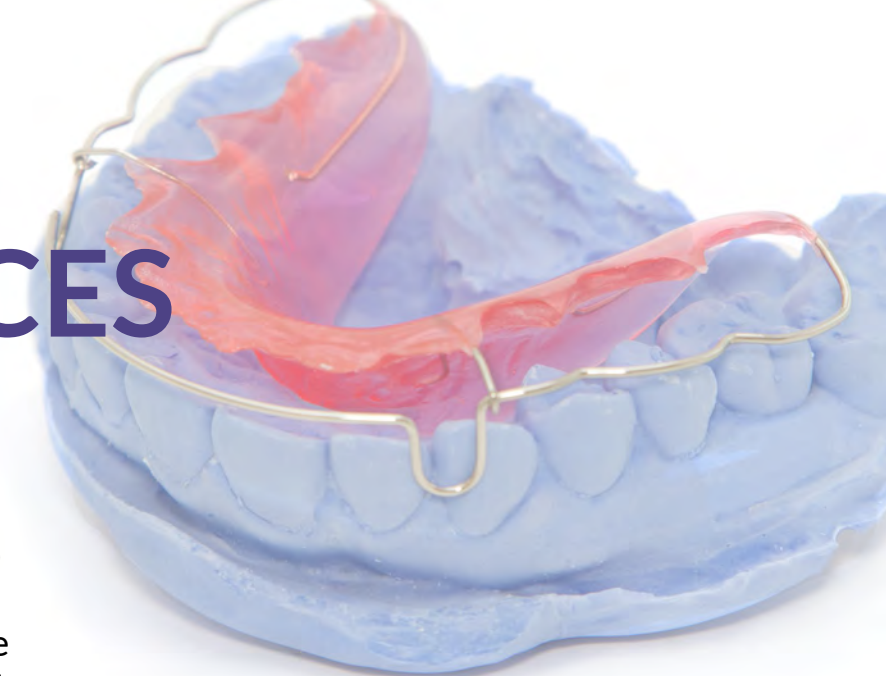
brackets and bent wires throughout treatment can cause longer treatment time. It is wise to avoid soda whenever possible due to the citric acid that can damage enamel. It is also recommended to eat mainly soft foods for the first 24 hours once the brackets are placed to allow the brackets to adhere to the teeth.



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RETAINERS AFTER BRACES

Wearing retainers after braces is crucial in order to retain the teeth in the perfect alignment the braces created. Without proper wear of the retainers, teeth can go back to the original position. There are a couple of variations of retainers. One type is an acrylic retainer with an adjustable wire that can move the teeth should the patient's needs require it. It only covers 2 surfaces of the teeth, which can allow for a little bit of shifting. Another type of retainer is a clear, plastic, 3-D retainer. It covers all surfaces of the teeth which prevents any shifting (if worn as instructed). Some patients prefer this type as it can appear invisible on the teeth. Patients should wear their retainers every night for the rest of their lives.



There is not a set age where the teeth are 'set' in place. Physics and natural aging will cause the body to change over time whether we like it or not. In some unique cases, retainers should be worn day and night for several months and then proceeding with nights only thereafter. Your orthodontist will determine what is best for your teeth and tell you exactly how long to wear the retainers.



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***Some orthodontists may charge as much as \$400 for a new retainer. But at Fry, whether it went out with the trash or was left behind on vacation, you can get a new retainer for free!**



5 REASONS FOR ADULTS TO CONSIDER BRACES

Braces aren't just for children and teenagers. Adults of all ages wear braces to achieve a healthier smile that can boost confidence in their career and relationships. Almost 20% of all brace wearers are adults, and 30% of Fry patients with braces are adults. Here are 5 reasons to consider improving your smile with braces or Invisalign.

1. Healthy Teeth Can Be Moved At Any Age

Your teeth can shift with age, and previously straight teeth can eventually become crooked and overcrowded if your retainers are not worn. Crooked and overcrowded teeth can become difficult to

clean, increasing the chances of gingivitis and periodontal disease. Braces can help correct these problems for adults of any age. We have patients in their 30's, 40's, 50's, and older, using braces to get the smile they've always wanted.

2. You Won't Be Self-Conscious

Braces today are more comfortable and manageable than the bulky metal braces you may remember from the past. Many adults are now opting for an even more advanced system called Invisalign, which consists of a series of clear plastic trays molded to fit over your teeth and slowly shift them bit by bit. Invisalign trays are practically invisible and work perfectly if

your career involves a lot of face-to-face interaction, or if you're just worried about feeling self-conscious about your smile.

3. You Won't Be Wearing Them For Years

On average, braces are worn for 14-16 months, though more severe cases might require additional attention. The Invisalign system is usually worn for a shorter period of time, around 12 months on average. And because each aligner is numbered and worn for one week, your treatment time is established before you start wearing them.

4. They're Easy To Use & Easy To Care For

The Invisalign system is designed to be hard to notice and easy to maintain. There are no restrictions on what foods you can eat, because the aligners are easily removed before eating and brushing. They also work great for those active in contact sports. You don't have to worry about any sharp

brackets, and your aligners can be removed to wear a protective mouth guard.

Because there are no wires or brackets, you'll have fewer check-up appointments than patients wearing traditional braces. Just remember that visiting the orthodontist is not a substitute for regular dental checkups and cleanings, which should still be scheduled with your dentist twice a year.

5. Braces Are A Worthwhile Investment

Getting the smile of your life is more affordable than you might think. At Fry, we offer payment plans to fit your monthly budget with payments as low as \$189 per month with no down payment, as well as family savings plans for multiple family members. If you are a new patient at Fry, your first exam is free. You can even start treatment the same day! Visit our website to schedule your free first exam today.



INVISALIGN 101

It's not too late for you to get the smile you've always wanted! We have patients of all ages including adults in their 30s, 40s, 50s, and beyond!

Q & A



Invisalign treatment has become a popular alternative to braces for adults and teens who want their teeth straightened but are concerned about the appearance of traditional braces. Below are a few quick facts and frequently asked questions about Invisalign.

Q: What is Invisalign?

A: Invisalign is a form of orthodontic treatment popular among adults and teens because of its “invisible” teeth aligners. The removable aligners, or clear plastic trays, fit over teeth and move them gently to new positions. Trays are replaced, on average, every week.

Q: How long has Invisalign been around?

A: Align Technology, Inc., the company that manufactures Invisalign, was founded in 1997. The FDA provided the company with the necessary 501K clearance that allowed them to sell the Invisalign system in 1998.

Q: How many patients have used Invisalign?

A: More than 3 million patients worldwide have been treated with Invisalign.

Q: What are Invisalign aligners made of?

A: The aligners are made from a thermoplastic material that was uniquely developed for the Invisalign treatment plan. Each set of aligners is custom-made for individual patients.

Q: How much does Invisalign cost?

A: The cost of Invisalign is usually comparable to the cost of braces, though it depends on the patient’s specific needs. An orthodontist can give you a more exact estimate after an initial consultation.

What is the better option for you: Invisalign or traditional braces?

Here is a chart with some of the most important similarities and differences between traditional braces and Invisalign.

Braces	VS	Invisalign
Metal (usually silver) wires and brackets; ceramic (clear) braces are also an option	Appearance	Clear (invisible) plastic trays
<ul style="list-style-type: none"> • 24/7 for an average of 15 months at Fry • Office visits every 4-6 weeks 	Treatment Time	<ul style="list-style-type: none"> • 22 hours a day for average of 15 months at Fry • Office visits every 12 weeks at Fry
Brush and floss around brackets and wires	Maintenance	Remove trays when eating; brush and rinse trays daily with lukewarm water
<ul style="list-style-type: none"> • More effective for complicated orthodontic issues • Glued on, so no temptation to leave out • No extra cleaning steps besides regular brushing and flossing 	Pros	<ul style="list-style-type: none"> • Virtually invisible • Removable • No difficulty eating and no discomfort from wires • Better oral hygiene • Less time missed at school or work for appointments
<ul style="list-style-type: none"> • May involve soreness from wires, brackets, or tooth movement • May have some tooth discoloration after braces are removed • May be hard to eat hard or sticky foods 	Cons	<ul style="list-style-type: none"> • Not ideal for more complicated orthodontic work • Must remove before eating or drinking anything but water and brush teeth after eating to prevent staining • Requires discipline to wear aligners for at least 20 hours a day



WHICH TREATMENT WOULD BE FASTER... BRACES OR INVISALIGN?

The length of treatment is determined by the severity of each specific patient. If there are bite issues, it is sometimes easier and quicker for traditional braces to correct. Although Invisalign has come a long way with what they can do, braces are still the standard in orthodontic treatment. If the case is a simple one, with minimal correction, Invisalign can be the quicker treatment. It really does depend on what your final goals are for your smile. It is a great idea to always find out all of your options and get the orthodontist's opinion on what would be the best for you.



WHAT HAPPENS WHEN I FINISH MY INVISALIGN TREATMENT?

Well the day is finally here and you have completed your Invisalign treatment...now what? First of all, the orthodontist will look at your teeth to see if your treatment is complete and that you have reached all the goals for moving the teeth into the proper alignment. They will remove all the attachments from your teeth. This process is quick and painless. Next you will take impressions for a retainer. The retainer will look similar to your Invisalign tray but made with a thicker material for long term durability. With any orthodontic treatment, the key to keeping your smile beautiful is to remember to always wear your retainer each and every night. Congratulations, your smile is beautiful!

AM I TOO OLD FOR BRACES OR INVISALIGN?

This is a common question at Fry! The bottom line is this: healthy teeth can be moved at any age. Adults who are seeking orthodontic treatment can achieve a healthier smile and increase self-confidence. Many adults get treatment prior to getting married or beginning a new career. Others seek to correct any issues they've experienced since childhood. About 30% of our current patients are adults.

If teeth are misaligned or crowded, periodontal disease can occur. Crooked or crowded teeth may be hard to clean and maintain. If left untreated, periodontal disease could result in bleeding gums, bad breath, and tooth loss.


The orthodontic process is similar for teens and adults. In adults we will carefully evaluate the gum tissue and the bones that support the teeth. Over time, the mechanisms of teeth, gums, and bone

may change. Adult bones may be firmer and no longer growing. Aging tissue may take longer to adjust the teeth to its new positions. But don't worry about the timeline, most patients are only in treatment for approximately 15 months.

Are you concerned about how you will look, or what the treatment steps will be? Advancements in orthodontics have paved the way for new appliances and technology. That's why we offer multiple treatment options for our patients, including metal braces, ceramic braces, and Invisalign.

At Fry Orthodontics, we want you to be happy with your smile! We will evaluate your dental history, bite, alignment and health of the teeth. Our specialists will work with you individually to customize a course of action that best fits your personal goals and financial needs.





*Fry Orthodontics is Kansas City's
leading Invisalign provider, and Dr. Fry
is on the Invisalign faculty.*

WHAT TO EXPECT DURING TREATMENT

Invisalign uses 3-D computer imaging technology to produce a complete treatment plan that is unique to each patient. From this treatment plan, a set of clear, plastic trays, or “aligners,” are made that will incrementally move your teeth into their new positions. Each set of trays is worn for an average of one week before being replaced with a new one.

Because your aligners are clear, most people won't even notice that you wear them. However, your aligners will need to be removed every time you eat. To prevent food particles from becoming trapped against your teeth and causing cavities, you should brush your teeth thoroughly before putting your

aligners back in. Cleaning the aligners at least once a day is also important.

You may still experience some pain with Invisalign as your teeth move to their new positions, but many patients report their pain to be fairly minimal. Similarly to braces, you will still need to make regular office visits – about every 8-12 weeks, depending on what your orthodontist recommends. You will need to wear your aligners 20-22 hours each day for a total of 6 months to 2 years, depending on your specific orthodontic needs.



ORAL HYGIENE 101

A smile can inspire hope, increase self-confidence, change a person's life, and change a community. We invest in expert staff and the latest technology because we care about achieving beautiful smiles, one person at a time.



WHY CHOOSE AN ORTHODONTIC SPECIALIST?

Orthodontics is one of the oldest specialty fields in dentistry. An orthodontic specialist completes three or four years of pre-dental university education, followed by four years of dental school, and an additional two years of specialty training and practice in a university or clinical setting. Proper orthodontic treatment requires a separate knowledge and skill from other dental fields. General dental education does include basic orthodontic information, however, the additional two to three years of specialty education provides a basis for rendering the best orthodontic health care according to the latest scientific principles.

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WISDOM TEETH...



A lot of patients ask, "When is the best time to get wisdom teeth out? Do they need to come out before or after braces?" Orthodontists usually yield to the general dentist as to when they recommend for them to be removed. It is a common myth that if you have wisdom teeth that are ready to erupt, they can crowd your other teeth. There is research that proves this to be false. Your teeth will move and shift regardless if you are not wearing a retainer. We recommend a retainer to all patients. If they do not want or need braces or any other orthodontic treatment, we will still recommend a retainer so they can keep their teeth the way they are.

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YOU, YOUR ORTHODONTIST, AND YOUR DENTIST

Achieving healthy, beautiful smiles is a team effort that involves the orthodontist, the family dentist, the patient (and the parents, if the patient is young), and, as needed, other dental specialists. The orthodontist provides the expertise, the treatment plan, and the techniques to straighten teeth and align the jaws. The family dentist helps make sure teeth and gums stay clean and healthy. The patient must cooperate by following the dentist's and the orthodontist's instructions carefully so that the teeth and jaws move in the way desired and on the desired schedule.

Because dental hygiene is so important, regular visits to the family dentist must continue every six months during orthodontic treatment (or more often, if recommended). It is essential that the patient avoid foods which may damage orthodontic appliances. The patient must also maintain a healthy, nutritional diet to achieve the best possible results from treatment. A good diet provides essential nutrients to bones and tissues undergoing change during orthodontic treatment.

TEETH AND TOTAL BODY HEALTH



A recent online article outlines the link between keeping your teeth clean and overall body health. Many may not realize that there are strong links to the bacteria that we have in our mouths and heart disease and diabetes.

It is very tempting to compartmentalize the mouth, and assume that cavities, gum disease, and periodontal disease (disease of the bone around the teeth) are only problems of the mouth. In countless research articles, this temptation is refuted, and many show an ever-increasing impact on total body health.

As an orthodontist, it is also my belief that the difficulty keeping the teeth, gums, and surrounding bone clean due to crooked teeth is a solvable problem. Most of these studies have focused on adult patients, and the increasing number of adults receiving orthodontics could help the overall heart health and reduce risks associated with diabetes. Now is a great time for adults to consider braces or Invisalign an option for their health.



SOFT OR HARD TOOTHBRUSHES... WHICH IS BETTER?

Soft toothbrush or hard? Most dentists recommend a toothbrush with soft bristles rather than medium or hard. With a soft toothbrush you can brush in circular motions on each side of the teeth, chewing surface or top, close to cheek, and close to the tongue. Try to brush 30 seconds on each quadrant of your mouth for a total of 2 minutes.

Some people are aggressive brushers and if they have a toothbrush with hard bristles they could actually cause some abrasion (which can lead to sensitivity). If you don't think they feel as clean with a soft toothbrush, trying flossing every time you brush. It will be gentler on your gums in the long run.



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AT WHAT AGE SHOULD MY CHILD START SEEING AN ORTHODONTIST?

The American Association of Orthodontists recommends that parents bring their children in around the age of 7. It does not mean that they will start treatment at that age, but there are many valid reasons for having an orthodontic evaluation at that early age. Orthodontists are trained to spot problems with jaw growth and emerging teeth (even with baby teeth still present). Even though your child's teeth may look straight, there could still be some underlying problems that only the doctor can detect. Your orthodontist may indicate a developing problem but will recommend monitoring the child's growth and development until most of the baby teeth are lost.

Through early detections, you'll be giving your child the best opportunity for a healthy, beautiful smile.



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FLOSSING LOWERS CANCER RISK BY A HUGE PERCENTAGE!

Practicing good oral hygiene is very important for many reasons. Research has recently shown that good oral hygiene goes beyond fighting off cavities. It also lessens your risk of cancer. Research has found that people with low levels of dental plaque were 80 percent less likely to die of cancer than those with high plaque levels. Plaque bacteria triggers body-wide inflammation, which can raise the risk of cancer. Seeing your dentist regularly can help keep plaque at bay, along with good flossing and brushing.



SPORTS SAFETY

When kids play sports there is a chance they could damage their precious mouths and pearly whites. If your kids play sports, it's important that you consult our office for special precautions, such as wearing a mouth guard. A protective mouth guard is advised for playing sports such as baseball, soccer, lacrosse, and other contact sports. Be sure, however, to avoid mouth guards that custom form to your teeth as these will resist any tooth movements we are trying to achieve.

In case of any accident involving the face, check your mouth and the appliances immediately. If teeth are loosened or the appliances damaged, please call our office to make an appointment. Apply ice if any swelling occurs. By using mouth guards,

kids with and without braces can avoid more serious sports injuries. Accidents cannot always be prevented, but you can easily protect your mouth, so call our office today to get your FREE mouth guard.





11940 Quivira Rd.
Overland Park, KS

P:913.469.9191
P:816.877.0050
F:913.469.6491

drfry@fryorthodontics.com