

SEQUENCE OF APPOINTMENTS

Just as no two people are exactly alike, no two treatment programs are exactly alike. Dr. Specht will personally diagnose each patient's case based on the information gathered during the examination and thorough review of the diagnostic records. Diagnostic records include radiographs, photographs and impressions. The following information will explain the sequence of diagnostic records and the next steps to beginning your orthodontic care with our office.

RADIOGRAPHS/PHOTOGRAPHS

In order to accurately determine where to move each of the teeth within the upper and lower jaws, we need to take a series of photographs and radiographs. Dr. Specht uses this information throughout your treatment as well as during the retention phase.

IMPRESSIONS

Impressions are needed to obtain accurate models of the teeth and the dental arches so that Dr. Specht can measure the teeth and their exact relationships to each other. Impressions are also used to analyze the bite and plan the needed treatment. Impressions are an essential part of providing quality orthodontic care and monitoring the progress of treatment.

THE NEXT STEPS AFTER DIAGNOSTIC RECORDS

TREATMENT PRESENTATION

Before orthodontic treatment begins, a treatment presentation appointment may be needed. This time will be used to confirm the findings of the diagnostic records and discuss the plan for treatment.

“SPACER” APPOINTMENT

Before orthodontic appliances are placed, a small amount of space is needed between the back teeth for fitting bands. We will place “spacers” (“separators”) between the teeth that will need bands. There are two types of spacers that may be used: rubber bands or small springs. Spacers may cause some discomfort as they begin moving the teeth apart, similar to the feeling of a nut or piece of dental floss caught between your teeth. You may take a mild pain reliever if needed. Typically, spacers stay in place for 7-14 days, or until your banding appointment. During this time, remember to continue brushing thoroughly. Spacers have a tendency to attract food particles. Avoid using dental floss in these areas and stay away from anything sticky or chewy (gum, caramels, taffy) that might pull the spacer out prematurely.

PLACEMENT OF BRACES OR APPLIANCES

At this appointment we will place the recommended braces or appliances that were discussed at the exam and treatment presentation appointments. It is very important to us that you have a complete understanding of what your appliances will accomplish and how they should be cared for once you leave our office. Keeping your teeth and gums clean during your orthodontic treatment is extremely important and you will receive a “care kit” with instructions regarding the proper way to brush and floss.