

Braces for 6 Months

“Braces for 6 Months” are braces that focus specifically on correcting misaligned and spaced front teeth only, and help to create a beautiful, pleasing smile using your own natural teeth. It is a cosmetic option, and although it has many similarities to comprehensive multi-year orthodontics, it is a very specific and different cosmetic option.

“Braces for 6 Months” deals with re-aligning only the front teeth. The back teeth are not adjusted with “Braces for 6 Months”. Because the stability of the position of your teeth is dependent upon both your back and front teeth working together, “Braces for 6 Months” places more of a demand on post treatment retention. Following treatment, retainers are to be worn 24 hours per day, 7 days per week, for the first 6 months. Thereafter, the retainers must be worn every night, for life. Both removable and fixed retainers are available. Remember, back teeth are not corrected with “Braces for 6 Months.” We are focused on giving you a beautiful smile, in as short a time as possible.

With “Braces for 6 Months”, spaces between your front teeth can be closed, and crooked teeth can be lined up straight. If crowding also exists, slenderization (providing it is not too extensive) is used to create the spaces needed to align the front teeth. Slenderization is the process of removing thin shavings of enamel off the sides of certain teeth, creating spaces that will be filled once the front teeth are corrected with “Braces for 6 Months”. That’s how we can make crooked smiles beautiful. It is important that slenderization is as minimal as possible, to keep those teeth strong, and to avoid creating sensitivity. For cases with greater demands of slenderization, sensitivity may develop and will require desensitizing treatments. When crowding is so severe that extractions are necessary, we can extract a lower incisor tooth, and fix lower crowded teeth. However, if the upper teeth are so severely crowded that extractions are necessary, we typically recommend comprehensive orthodontics.

Another way we can reduce the crowding is by expanding the arch of your teeth outwards. As you broaden and widen the arch of your front teeth, the amount of available space increases as the arch widens, and this will allow your crooked front teeth to slip into position. Obviously there are limitations to the amount of widening and to the amount of slenderization to be done for each case. That is why “Braces for 6 Months” is custom tailored to address your specific needs and to end up with a beautiful result.

Given that the demands for post orthodontic retention are so important with “Braces for 6 Months”, two factors must hold. Firstly, “Braces for 6 Months” should only be done on non-growing adults. With non-growers, the bones of the face will remain relatively stable, with minor fluctuations over the course of the individual’s lifetime, and thereby increases the probability that the final position of the front teeth does not change. The second factor is post-orthodontic retention. Retainers are to be worn 24 hours a day for the first 6 months with the exception of eating and cleaning. After that period, retainers must be worn every night for the rest of your life. This will help to re-position any minor changes in tooth position that may have occurred during the day, and to help hold the final position of the front teeth once corrected with “Braces for 6 Months”.

Each “Braces for 6 Months” case comes with an upper and a lower clear removable retainer custom fit once treatment is finished. Options are available for fixed bonded retainers if you would prefer a non removable appliance.

In 95% of cases, “Braces for 6 Months” is completed in 6 months. Occasionally, it takes one or two months longer to complete. The reason it takes only 6 months is because we are only correcting the front teeth. The back teeth are larger and usually have multiple roots, so they need more time for correction. Front teeth are all single rooted, and not nearly as difficult to move as the back teeth.

All patients undergoing “Braces for 6 Months” at our office will receive complimentary **“Whitening”** at the end of their treatment. This will enhance your new smile by whitening your teeth to their highest level. If you want a beautiful smile, but don't want to spend 2-3 years in comprehensive braces, “Braces for 6 Months” may be a great option for you.

Veneers and crowns are suitable cosmetic options as well. Perhaps you have crooked teeth that are heavily restored and multi coloured. “Braces for 6 Months” will straighten your teeth but not correct the colour problems. This is where veneers and crowns are a more highly recommended cosmetic option. We will thoroughly assess your desires and customize a treatment plan that will give you the final results you desire. We often combine “Braces for 6 Months” with veneer and crown preparations, so that we can firstly move teeth to a more suitable location in the arch, and then restore them with ceramics once they are in the proper location. The results are beautiful.

With crowns and veneers, we trim down the tooth structure to create space to place the eventual porcelain over top. Occasionally this preparation, which is typically much more than slenderization, can leave the teeth sensitive, and on occasion may require root canal treatment if sensitivity does not subside. This is why if you have misaligned teeth that are natural and not heavily restored, “Braces for 6 Months” is a wonderful treatment option to straighten your smile and provide a beautiful esthetic result, naturally.

If you have crooked, spaced, and misaligned teeth, and you do not want to spend 2-3 years in comprehensive braces, “Braces for 6 Months” may be a great option for you.

All of our “Braces for 6 Months” cases use clear composite brackets (plastic/acrylic). They are very esthetic and blend into the teeth beautifully. The wires are made of Nickel Titanium, and are very thin. They are metal coloured, but the wires are so thin that they are often difficult to see when people are looking at you. There are also white metal wires available at an additional cost for even greater esthetic demands during treatment. All elastics are clear as well.

I acknowledge that I have read this entire information handout on “Braces for 6 Months”. I understand this treatment, and I understand the limitations and responsibilities needed for this treatment to be successful long term.

I also acknowledge that I read and understand English and that all questions I have about “Braces for 6 Months” have been answered to my satisfaction.

NAME: _____

DATE: _____

SIGNATURE: _____