

Welcome to where
smiles



become a work of **art**





Meet Dr. Fravel

Dr. Fravel was born and raised in Louisville, Kentucky. He attended Florida Southern College where he received his Bachelor of Science degree in Biology in 1974. He then attended the University of Louisville School of Dentistry, where in 1978 he received his DMD degree. He continued his education at the University of Louisville School of Dentistry and in 1980, he graduated and received his Certificate in the Specialty of Orthodontics. Following his graduation he worked with a group practice in south Florida until opening his private

practice in Orlando in 1987. Dr. Fravel is married to Jeanne and they have four wonderful children. His hobbies include fishing, antiques, basketball and going to the movies. He is actively involved in many community organizations as well as orthodontic organizations, including the American Association of Orthodontists and the American Dental Association. As a patient you can feel secure knowing that Dr. Fravel has a vast knowledge of orthodontics and a welcoming sense of professionalism.

THE IMPORTANCE OF ORTHODONTIC TREATMENT

A beautiful smile will not only improve your self-esteem but properly aligned teeth and gums can improve your overall health. Crowded, misaligned teeth are difficult to

clean which can lead to tooth decay and gum disease. The goal of orthodontic treatment is to achieve balance between the teeth and face for a lifetime of beautiful, healthy smiles.

In addition to straightening crooked teeth, orthodontists are also able to correct irregularities of the bite and facial structures in the mouth and jaw. The goal of orthodontic treatment is to achieve balance between the teeth and face for a lifetime of beautiful, healthy smiles.

Dr. Fravel and his staff feel fortunate that we are able to provide professional orthodontic care for our patients and improve our patients' appearance, self-esteem and dental health. We are committed to making your orthodontic treatment a worthwhile and meaningful experience.



Orthodontic Treatment

TWO-PHASE TREATMENT occurs when a child needs early orthodontic treatment during the time when the permanent teeth are erupting and some of the baby teeth are present. Reasons for early treatment may include difficulty in chewing or biting, breathing through the mouth, thumb-sucking, crowded or misplaced teeth, jaws that are too far forward or back, protruding teeth, upper and lower teeth that do not meet, or meet in an abnormal way or grinding or clenching of the teeth. The American Association of Orthodontists recommend children see an orthodontist at age 7 to evaluate any discrepancies in jaw growth and emerging teeth. Some orthodontic problems are easier to correct if they are detected early. If no problems are detected, the child will be monitored periodically under Supervision appointments and Dr. Fravel will supervise the growth and development of the child, pinpointing the best time for orthodontic treatment, if necessary.

PHASE I ORTHODONTIC TREATMENT occurs if an early growth and development discrepancy is detected. The goal of the first phase of treatment is to develop the jaw size in order to accommodate all the permanent teeth and after eruption to relate the upper and lower jaws to each other. Children sometimes exhibit early signs of jaw problems as they grow and develop. An upper or lower jaw that is growing too much or not enough can be recognized at an early age. If children as young as four years of age are found to have this jaw discrepancy, they





are candidates for orthodontic treatment. Because they are growing rapidly, children can benefit enormously from orthodontic treatment utilizing strategies that increase space for unerupted permanent teeth, correct overcrowding and/or surgical procedures and align upper and lower jaws. Leaving such a condition untreated until all of the permanent teeth erupt could result in a jaw discrepancy too severe to achieve an ideal result with braces alone.

After Phase I treatment a resting phase is necessary to allow the eruption of all permanent teeth. In this phase, the orthodontic appliances from Phase I are removed and retaining devices (retainers) are sometimes recommended to hold the space created for unerupted permanent teeth. Occasionally a retainer is not necessary to allow the existing permanent teeth some freedom of movement while final eruption of the teeth occurs. A successful first phase will have created room for teeth to find a more favorable eruption path. This decreases the possibility of becoming impacted or severely displaced. It is important to note that at the end of the first phase of treatment, your child's teeth may not be in their final position, this will be determined and accomplished in the second phase of treatment. Selective removal of certain primary (baby) teeth may be necessary for the eruption of permanent teeth during the resting phase. Therefore, periodic recall appointments for observation are necessary, usually on a three to six month basis.

PHASE II ORTHODONTIC TREATMENT occurs after eruption of all permanent teeth is nearly complete. With a good foundation established in the first phase and normal growth during the resting period, the second phase can be carried out to complete the alignment of the teeth, in the same manner as Full Orthodontic Treatment. New retainers are made and worn after this phase.

FULL ORTHODONTIC TREATMENT occurs when all of the permanent teeth have erupted, normally around age 12. However, teenage children are not the only candidates for full orthodontic treatment. Adults make up about 25 percent of orthodontic patients. Each patient is different, but treatment generally takes one to three years to complete depending on the complexity of the case. During treatment, adjustments to the braces are made every eight to twelve weeks. Retainers will be made and should be worn to retain the teeth in their final position

INVISALIGN® is offered as a treatment option as an alternative to braces for some patients with full adult dentition and complete jaw growth. The system uses a series of clear orthodontic aligners that are virtually undetectable to other people. The aligners are more comfortable to wear than traditional braces and can be removed for eating and brushing. As an orthodontic specialist certified in the Invisalign® program, Dr. Fravel is pleased to discuss this treatment option during the initial evaluation and determine if Invisalign® is the best option for your orthodontic care.

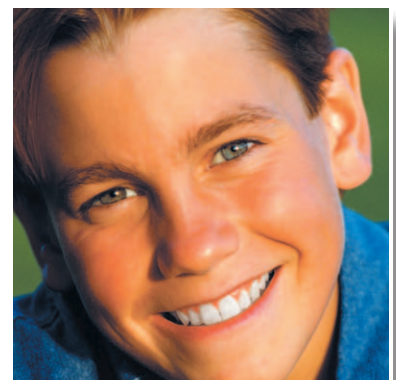


REMOVAL, RETENTION AND REFERRALS

The day your braces are removed will be a very exciting and rewarding day of celebration. At this time, retainers will be placed to hold the position of your teeth. Just as important as good cooperation was during your treatment, retainers are equally if not more important. Faithful retainer wear is imperative to maintaining your straight smile. Retainers are generally worn full time (day and night) for the first 6 months following removal of your braces. From that time on, you will wear your retainers at night only, unless otherwise advised. We will provide you with a case to keep your retainer in for protection. If your retainer is lost or broken, please contact the office as soon as possible to avoid any movement of your teeth. Cleaning your retainer is easy; just brush it with your toothbrush and toothpaste after brushing your teeth. Never soak your retainer in hot water or mouthwash and never leave it in a place where it can be broken.

After the first year of the retention phase, you will be dismissed. Your teeth will still have a slight tendency to move back to their original position, so continue to wear your retainers as often as possible and as long as they fit properly. This is very easy to do and it will encourage less movement. If at anytime should you have any questions or should your retainers need adjusting, please contact our office. We would love to see you again!

And of course, we certainly welcome and appreciate referrals. Your friends and family needing orthodontic care mean a lot to us. There is no greater compliment to our office than to have a personal referral from another patient! We will be honored to have the opportunity to treat them with the same enthusiastic and professional care you have received.



FULL ORTHODONTIC TREATMENT

> NEW PATIENT CONSULTATION

- » Photograph and Digital Image taken
- » Exam by Dr. Fravel to determine Orthodontic Concerns
- » Treatment Recommendation

> DIAGNOSTIC RECORDS

- » Can be done the same day as Consultation
- » Additional Digital Image taken
- » Additional photographs of profile and teeth taken
- » Study Models of teeth taken

> SEPARATORS

- » Can be done the same day as Consultation and Records
- » Separators are placed between molars to create space for bands to fit around the molars
- » Separators are in place approximately 7 to 10 days, some tenderness of teeth may occur

> BANDING APPOINTMENT

- » Orthodontic appliances placed, typically scheduled for 2 ½ hours in the morning
- » Complete brushing, flossing and care instructions given at appointment
- » Some tenderness of teeth for a couple days

> ADJUSTMENT APPOINTMENTS

- » Every 8 to 12 weeks at beginning of treatment, then more frequently toward the end of treatment
- » See Dentist regularly for cleaning and check-up

> DEBANDING

- » Removal of Braces
- » Updated diagnostic records
- » Fitted for retainers
- » Schedule a cleaning with General Dentist after braces are removed

> RETAINER DELIVERY

- » Retainers are placed and adjusted to hold teeth in their final position
- » Instructions given for retainer wear and care
- » Retainer will be periodically adjusted after treatment has been completed
- » Re-evaluate wisdom teeth if present

Orthodontic Treatment Flowchart

TWO-PHASE ORTHODONTIC TREATMENT

> NEW PATIENT CONSULTATION

- » Photograph and Digital Image taken
- » Exam by Dr. Fravel to determine Orthodontic Concerns
- » Treatment Recommendation

> DIAGNOSTIC RECORDS

- » Can be done the same day as Consultation
- » Additional Digital Image taken
- » Additional photographs of profile and teeth taken
- » Study Models of teeth taken

> SEPARATORS

- » Can be done the same day as Consultation and Records
- » Separators are placed between molars to create space for bands to fit around the molars
- » Separators are in place approximately 7 to 10 days, some tenderness of teeth may occur

START OF PHASE I TREATMENT

- » Fit and Place Orthodontic appliance – may require 2 appointments
- » Usually a long morning appointment

> ADJUSTMENTS

- » Adjustment of orthodontic appliances every 3 to 12 weeks
- » See Dentist regularly for cleaning and check-up

> COMPLETION OF PHASE I TREATMENT

- » Remove Orthodontic Appliances
- » Update Diagnostic Records
- » Fit for and deliver Retainer if necessary
- » Periodic check-up appointments while waiting for eruption of permanent teeth

START OF PHASE II TREATMENT

- » Orthodontic appliances placed, typically scheduled for 2 ½ hours in the morning
- » Complete brushing, flossing and care instructions given at appointment
- » Some tenderness of teeth for a couple days

> ADJUSTMENT APPOINTMENTS

- » Every 8 to 12 weeks at beginning of treatment, then more frequently toward the end of treatment
- » See Dentist regularly for cleaning and check-up

> DEBANDING

- » Removal of Braces
- » Updated diagnostic records
- » Fitted for retainers
- » Schedule a cleaning with General Dentist after braces are removed

> RETAINER DELIVERY

- » Retainers are placed and adjusted to hold teeth in their final position
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- » Retainer will be periodically adjusted after treatment has been completed
- » Re-evaluate wisdom teeth if present



APPOINTMENT SCHEDULING

Dr. Fravel develops treatment plans individually for each patient. It is important to return for adjustment appointments according to Dr. Fravel's recommended schedule. Keeping appointments will help treatment be completed on time and prevent emergency visits.

As a courtesy, our office makes reminder calls for all appointments. However, the responsibility for keeping appointments rests with the patient. The specialized visits required to begin orthodontic treatment are confirmed by a personal call from one of our staff members. After treatment has started, appointments are confirmed by "House Calls" our personalized, automated reminder system.

We understand that your time is important and missing school or work for orthodontic appointments can be inconvenient. We strive to provide flexible appointment times that will work with your schedule. However, it is unavoidable that some appointments will have to take place during school and work hours. School excuses are available at each appointment if needed.

To achieve the treatment goals designed for each patient by Dr. Fravel, it is necessary to perform a sequence of treatment procedures. The procedures require different appointment lengths (15 minutes to 2 hours) at different intervals (2 weeks – 12 weeks). Our schedule has been designed to accommodate our patients in the most fair and convenient manner possible.

- » **EMERGENCIES:** Pain, swelling or bleeding normally as a result of trauma to the face or mouth. These patients will be seen as soon as possible to relieve discomfort.
- » **REPAIRS:** These appointments are normally broken wires, loose bands or brackets or a lost or broken appliance or retainer. These appointments are usually longer and scheduled during school or work hours.
- » **COMFORT ADJUSTMENTS:** An uncomfortable appliance or poking wire will be adjusted to relieve discomfort. This appointment will be scheduled as soon as possible.
- » **BROKEN OR CANCELLED APPOINTMENTS:** The appointment will be rescheduled but may require the appointment to be in 4-6 weeks. However, an earlier appointment date may be offered during school or work hours.

True orthodontic emergencies are rare; however during appliance wear some situations do require immediate attention. If at any time the patient is hit in the mouth or experiences trauma to the mouth, the general dentist should be seen immediately. If appliances are damaged, loosened, or causing pain, contact our office immediately. For other "minor emergencies" such as loose bands or braces (not as a result of trauma) and wires sticking into gums or cheeks, please call our office during regular business hours to schedule an appointment. Soft wax may be used for comfort until the patient can be seen. Missing colored o-rings are not an emergency and can be replaced at the next regular appointment. For true emergencies after business hours, please call our office at 407-656-0001, you will be given a pager number to call with your call back number and your call will be returned as soon as possible.



FREQUENTLY ASKED QUESTIONS

WHAT ARE DR. FRAVEL ORTHODOLLARS?

Dr. Fravel Orthodollars are our way of rewarding our patients for cooperation in maintaining their healthy smiles. At every appointment you can earn up to 3 Dr. Fravel Orthodollars by doing 3 simple things: (1) be on time for your appointment, (2) make sure that your teeth are super clean, and (3) try not to have anything loose or broken. Our Dr. Fravel Orthodollar store has a great selection of goodies that you can buy, so check out our store and start saving for that special reward. You've earned it!

WHAT ARE COLORS?

CAN I HAVE THEM?

Colors are the little elastic rings that fit over your braces, often referred to as "O-Rings". They act as a bumper to help keep your braces feeling smooth. We have a large rainbow of colors to choose from and they will be changed at every regular appointment, providing your hygiene is always good!

WHAT WILL MY BRACES LOOK LIKE?

At Dr. Fravel's office you can choose the type of braces that best fits your lifestyle! Metal braces, when kept sparkling and

clean, can be thought of as jewelry for the teeth. With this option you can personalize your braces with your choice of school, sport, seasonal or simply your favorite colors. Ceramic (clear) braces are a first choice for our adult patients and some of our younger patients who are active in modeling and the movies, or just like the look of the clear braces. This option provides an almost invisible way to achieve that beautiful smile, while maintaining your professional image. Gold braces are an option to express that unique and distinctive personality!

WILL I HAVE TO WEAR RUBBER BANDS (ELASTICS)?

While everyone's teeth are different, most every patient will wear these elastics at some time in their treatment. Whether you are wearing them to close space or to correct your bite, good cooperation is important. Poor elastic wear can lead to extended treatment time, so be sure to wear them as instructed. We also have elastics in some bright, fun colors.

THE "NO-NO" LIST

Your braces are very strong, but they are not indestructible. You should take special care not to eat the wrong foods during

orthodontic treatment. We will provide you with a list of foods to avoid. The list consists mainly of foods that are hard, sharp, sticky and crunchy. Foods such as popcorn, nuts, hard chips, raw carrots, caramel and other chewy candies will loosen your braces. Continuous breakage will result in extended treatment time, so be selective about the foods you eat.

CAN I STILL PLAY SPORTS AND MUSICAL INSTRUMENTS?

When playing contact sports, we recommend wearing a mouth guard. Be sure to ask at your next appointment about having one fit. As far as playing a musical instrument, there are no restrictions.

STERILIZATION

You can rest assured that our office follows strict, up to date OSHA sterilization guidelines. We frequently attend continuing education seminars on sterilization in the dental office. Our entire staff is educated and informed on any changes and additions needed to stay current with sterilization procedures. Please feel free to ask any questions or share your concerns with our office.

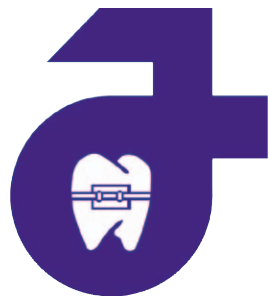


MISSION STATEMENT

Our vision for this practice is to greet every patient in a warm, personal manner, to anticipate their wants and needs and provide friendly, skilled and sincere service... to exceed their expectations.

We are dedicated to using the most efficient and up-to-date techniques in an atmosphere that fosters caring, concern, fun and lasting relationships.

Our goal is to create excellent smiles by maximizing each staff member's talents and ability to work together as a Team. We will strive for a positive and winning attitude every day, and to seek new challenges and achieve them enthusiastically.



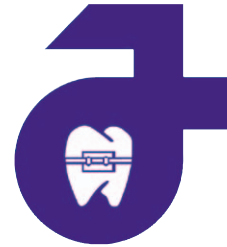


THE ART OF CONVENIENCE:

- In-house lab
- Open treatment rooms
- Computerized scheduling for shorter waiting times
- Ample free parking at both locations
- Acceptance and filing of most dental insurance
- Major credit cards accepted

STATE-OF-THE-ART
DENTAL CARE:

- Computer imaging available
- Clear teeth-straightening appliances
- Children's play area with movies, toys, video games, snacks
- Fun-colored elastics
- TV monitors for each chair
- Herbst appliances for proper jaw growth and alignment
- Low-dose digital X-rays



WILLIAM K. FRAVEL, DMD/PA

| *Where smiles are a work of art*

TWO CONVENIENT LOCATIONS:

FLORIDA MALL BUSINESS CENTER
1650 Sand Lake Road, Suite 116
Orlando, Florida 32809
407-826-9439

1291 Blackwood Avenue
Ocoee, Florida 34761
407-656-0001

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