

suortho.com STRAIGHTEN UP  
Orthodontics



Radiant  
*smiles.*

Humble *costs.*

William "Dr. Bill" Layman, DMD  
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# Appointment Scheduling

Dr. Layman develops treatment plans individually for each patient. It is important to return for adjustment appointments according to Dr. Layman'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.

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.

Our schedule has been designed to accommodate our patients in the most fair and convenient manner possible. The few longer appointments required are typically scheduled in the morning while the more frequent, quicker adjustment appointments are scheduled in the afternoon. Emergency or repair appointment will be handled as follows:

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#### **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.

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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 emergency cell phone at 727-403-7721. If your call is not answered, please leave a message and your call will be returned as soon as possible.

# Orthodontic Treatment Flowchart

## FULL ORTHODONTIC TREATMENT

### NEW PATIENT CONSULTATION

- Photograph and digital radiograph taken
- Exam by Dr. Layman to determine orthodontic needs
- Treatment recommendation

### DIAGNOSTIC RECORDS

- Can be done the same day as consultation
- Additional digital radiograph taken
- Study models of teeth taken

### BANDING APPOINTMENT

- Orthodontic appliances placed, typically scheduled for 1 ½ hours in the morning
- Complete brushing, flossing and care instructions given at appointment along with a home care kit
- Some tenderness of teeth for about a week

### ADJUSTMENT APPOINTMENTS

- Every 8 to 12 weeks at beginning of treatment, then more frequently toward the end of treatment
- See dentist every 4 to 6 months for cleaning and check-up

### DEBANDING

- Removal of Braces
- Updated diagnostic records
- Retainer delivery
- Schedule a cleaning with general dentist after braces are removed

### RETENTION

- Retainers adjusted to hold teeth in their final position
- Retainer will be adjusted 1 month and 6 months after treatment has been completed

## TWO-PHASE ORTHODONTIC TREATMENT

### NEW PATIENT CONSULTATION

- Photograph and digital Image taken
- Exam by Dr. Layman to determine orthodontic needs
- Treatment recommendation

### DIAGNOSTIC RECORDS

- Can be done the same day as consultation
- Additional digital radiograph taken
- Study models of teeth taken

### 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 every 4 to 6 months for cleaning and check-up

### COMPLETION OF PHASE I TREATMENT

- Remove orthodontic appliances
- Update diagnostic records
- Fit for and deliver retainer if necessary
- Annual check-up appointments while waiting for eruption of permanent teeth

### START OF PHASE II TREATMENT

### BANDING APPOINTMENT

- Orthodontic appliances placed, typically scheduled for 1 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 every 4 to 6 months for cleaning and check-up

### DEBANDING

- Removal of Braces
- Updated diagnostic records
- Retainer delivery
- Schedule a cleaning with general dentist after braces are removed

### RETENTION

- Retainers adjusted to hold teeth in their final position
- Retainer will be adjusted 1 month and 6 months after treatment has been completed

# Frequently Asked Questions

## WHAT IS AN ORTHODONTIST?

An orthodontist is a specialist who has completed an advanced education program following dental school to learn the special knowledge and clinical skills required to manage tooth movement and guide facial development.



## WHAT ARE SOME POSSIBLE BENEFITS OF ORTHODONTICS?

- A more attractive smile
- Better function of the teeth
- Reduced appearance-consciousness during critical development years
- Possible increase in self esteem and confidence from enhanced esthetics
- Improved ability to clean the teeth
- Better long-term health of teeth and gums
- Reduce the risk of injury to protruded front teeth

## WHAT ARE BRACES?

Braces (clear, metal and self-ligating) are what orthodontists use to correct the previously mentioned problems.

## HOW LONG DO BRACES HAVE TO BE WORN?

The total treatment times with braces usually lasts from 9 months to 5 years, but the average amount of time is 18 to 24 months.

## DO BRACES HURT?

The placement of bands and brackets on your teeth does not hurt. Our patients quickly get used to our modern brackets that are smaller than traditional brackets. Once your braces and archwires are placed, and after your regular adjustment appointments, you may feel some soreness of your teeth for up to seven days. This soreness can usually be easily managed with the common non-prescription pain relievers you currently use for a headache (e.g., Advil, Tylenol, Aleve, etc.). Initially, your lips and cheeks may need one to two weeks to get used to the braces. When you first get braces, you could experience some sores in your mouth. Warm salt water rinses will help to heal them within a week or two. If your mouth is sore during the first week, you can put wax on the braces to prevent the braces from rubbing and irritating your skin.

## FOODS TO AVOID WITH BRACES?

While in braces, you should avoid hard, sticky, gooey or crunchy foods. Items such as caramel, taffy and peanut brittle can stick on your braces and pull the braces off your teeth. Hard, crunchy foods like carrots and apples or hard rolls can still be eaten if cut up into small pieces to avoid knocking braces off of your teeth.

Gum usually is not recommended. It can get caught on braces and pull them off. In addition, the sugar in the gum can get around behind the braces and cause cavities.

In some cases, it may be possible for you to chew a sugar free, non stick gum such as Freedent® or Wrigley's Extra®. However, Freedent® and Wrigley's Extra® will still damage some kinds of braces so you need to *Talk To Dr. Bill Before Chewing Gum.*

### WILL BRACES INTERFERE WITH PLAYING SPORTS?

No. It is recommended, however, that patients protect their lips, cheeks, teeth and gums by wearing a special orthodontic mouthguard when participating in any sporting activity. Mouthguards are available from our office and are inexpensive, comfortable, and come in a variety of colors and patterns.

### WHAT HAPPENS IF THE BRACES COME OFF?

Dr. Layman will attach them again. Usually, this is not a problem, although if it happens multiple times, your orthodontic treatment will take longer.

### CAN AND DO ADULTS GET BRACES?

The answer is yes. About 30% of the patients in an orthodontic practice are adults. With the aesthetic choices of clear brackets (braces) like Clarity or no braces at all (Invisalign), it is extremely easy to have straight teeth and a beautiful smile.

### DOES YOUR OFFICE OFFER INVISALIGN AND INVISALIGN TEEN?

Yes. Dr. Layman is a Preferred Provider for Invisalign

### WHAT ARE RETAINERS?

Once your braces come off, your teeth will be somewhat loose. While your teeth tighten up, which takes about 6 to 12 months, retainers help to keep or retain your teeth in the position they were in when your braces came off. Most retainers are removable so you can put them in or take them out of your mouth, but some are fixed (to the back of our teeth) to where they stay on your teeth all the time.

### DO YOU TAKE DENTAL/ORTHODONTIC INSURANCE?

We will gladly work with any orthodontic insurance plan and fill out all of the appropriate paperwork for you. You are still able to fully utilize all of your benefits. It's that simple!

### WHAT FINANCIAL ARRANGEMENTS ARE AVAILABLE?

Payments can be made via cash, check, Major Credit Cards. We have very flexible financing options, and provide automatic drafting of checking or credit card accounts for added convenience.



### SHOULD I SEE MY GENERAL DENTIST WHILE I HAVE BRACES?

Most definitely, you should continue to see your general dentist at least every six months for cleanings and dental checkups. If you tend to accumulate tartar and plaque quickly, or are prone to cavities or periodontal problems, more frequent visits to the general dentist are extremely beneficial and can be a good precaution to avoid further problems.

# You've come to the right place!



Rest assured you have selected the right place for your orthodontic care. Our highly trained team strives to provide the greatest level of care in a friendly and comfortable environment. 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.

Straighten Up Orthodontics takes pride in staying at the forefront of technological advances in the orthodontic field. We utilize the latest techniques and advances, including invisible ceramic braces, Invisalign, digital imaging and advanced computer graphics. This ensures that you receive the most effective and efficient care possible, often with up to 40% fewer appointments than standard orthodontic treatment.

We recognize that every patient has different needs, and we pride ourselves in the courteous service we deliver to each person who walks through our doors. Whether you're an adult, adolescent or child, our knowledgeable doctor and staff are committed to helping you achieve the smile you deserve - a healthy, beautiful one!

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