

Patient's Guide To Orthodontics*



DR. IAN GRAY
DENTAL GROUP
A Balance for Dentistry and Health

17665 Leslie Street
Newmarket, Ontario L3Y 3E3
Tel: **(905) 853-9355**

Say Good-Bye To Denture Problems

*This Guide is intended as an introductory overview only, and is not a substitute for your doctor's advice.

driangray.com

What is Orthodontic Treatment?

Teeth that are not straight can affect more than just how you look. Teeth that don't fit together correctly can affect your bite, cause early wear of your teeth and be more difficult to keep clean resulting in gum disease. Orthodontic treatment can help.

Orthodontic treatment uses gentle pressure on your teeth that will eventually move them into the correct position. This produces a smile that not only looks better but works better as well. This can in some cases produce a "face lift" effect and help your jaw muscles function properly as well. We at Dr Gray's, want to produce a healthy bite for life in order to have your muscles/joints/teeth in harmony.

Many dentists will refer you out to a specialist to have orthodontic work done but at Dr. Ian Gray, Dental Group we do this in house. This means you are only coming to one place, and often able to coordinate visits for more than one family member.

What Types Of Orthodontics Are Available?

We can also accommodate your child's orthodontic treatment before school hours so they don't miss school.

We create and install a whole range of devices designed to correct and prevent dental irregularities and promote healthy smiles.



Metal Braces



Ceramic Braces



Invisalign

Advanced Metal Braces - Self-Ligating Brackets

Self Ligating Braces are braces with brackets that do not need ligatures (the small bands that hold the wire in place). You may also hear them referred to as "speed braces". Rather than using ligatures or metal ties, the brackets themselves have a sort of trap door that holds the arch wire in place. According to manufacturers this creates less friction between the wire and the bracket.

Self-ligating brackets have many benefits. A common claim made by the manufacturers of these types of brackets is that they require less frequent office visits. They are also said to be easier to clean and somewhat more comfortable, as there is less resistance between the brackets and the arch wire.

Ceramic Braces

Ceramic braces are much like the most common metal braces except the brackets that attach to the teeth are made of ceramic instead of metal. These can be colour matched to your teeth so they are not as noticeable as metal colored braces. Ceramic braces are very strong and some people feel they are less irritating than metal braces.

Invisalign – When You Don't Want People To Know You Are Straightening Your Teeth

Invisalign is a very popular way to straighten teeth and offers a level of comfort and convenience not provided by regular braces.

Invisalign straightens teeth using a custom-made series of aligners created for you only, based on precise impressions of your teeth provided by your dentist (At Dr. Ian Gray, Dental Group we use a 3D digital scanner to provide these impressions). The aligner trays are made of smooth, comfortable and virtually invisible plastic material that you wear over your

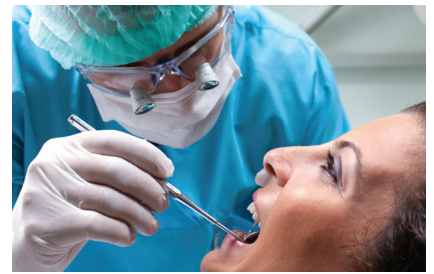


Itero 3D Digital Scanner



teeth. Depending on what teeth need to be moved, your dentist will provide you with a series of sets of aligners.

There are no metal brackets to attach and no wires to tighten. Another huge benefit of Invisalign trays is that they cause virtually no pain and discomfort. Metal brackets and wires have a tendency to poke at the gums and sides of the mouth, but with clear trays there is no poking, pulling, pain, or bleeding.



In addition, Invisalign users have the ability to remove their trays before they eat, enabling them to eat all the foods they normally would. The biggest issue people have with regular braces is the dietary restrictions and limitations that come with wearing metal wires and brackets. Dentists recommend, for example, that people with braces avoid sticky foods, chewy substances, dishes with finely sliced meats and vegetables, and sugary beverages. With clear trays, though, all of these foods are allowed, provided you remove the trays before you eat.

You will wear each set of aligners for approximately 2 weeks until your treatment is complete. Wearing the aligners will gradually and gently shift your teeth into place, based on the exact movements your dentist plans for you.

Each case obviously is different, therefore, your dentist will discuss with you your case on an individual basis and specifically if any adjustments need to be made. The best part of the whole process is that most people won't even know you're straightening your teeth.

What Is Best For You, Braces Or Invisalign?

That is a question that we can only answer when we sit down and actually look over your teeth, your bite and the desired outcome. We offer a complimentary consultation and we invite you to call our office at **(905) 853-9355**.



Ask About A Complimentary Consultation!



Call **(905) 853-9355** to schedule your appointment.



DR. IAN GRAY
DENTAL GROUP
A Balance for Dentistry and Health

Dr. Ian Gray, Dental Group
17665 Leslie Street
Newmarket, Ontario L3Y 3E3

driangray.com