

“**ASK**”

DR. CARLOS

**WHAT EVERY PARENT
NEEDS TO KNOW
ABOUT
BRACES**



“ASK”

DR. CARLOS

**What Every Parent
Needs to Know
About Braces**

Copyright © 2020 by **Dr. Carlos Caballero**

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means without prior written permission.

Ask Dr. Carlos -- 1st ed.

The Content is not intended to be a substitute for professional dental/orthodontic advice, diagnosis, or treatment.

Always seek the advice of your dentist or orthodontist with any questions you may have regarding braces for your child.

Table of Contents

Introduction.....	1
What are the benefits of healthy straight teeth and a beautiful smile?	3
When does a child need to see an Orthodontist?	11
Difference between a Dentist and an Orthodontist.....	15
What are my child's braces options?	19
How hard is it to get used to braces?	25
Are there foods my child will have to avoid?	27
How does my child take care of their braces?	29
What about loose teeth with braces?	31
Retainers – Life after braces?.....	33
What kind of retainers are there?.....	35

What can I expect at the initial consultation and exam?	41
How to pay for Orthodontic treatment and braces?	45
Top 10 questions you must ask before selecting an Orthodontist.....	49
How do I find out more?	51
About Dr. Carlos.....	53

Introduction

Having orthodontic treatment or braces is not just a set of brackets and wires. It's a real dental or medical treatment for your child that provides many health benefits as well as confidence and self-esteem.

It's a truly life-changing experience and one that has a positive effect on your child for their lifetime.

Having problems corrected early in life, like a problem with the development of their jaw or the position of their teeth, can also prevent costly, complicated treatment later.

As an orthodontist, I'm as concerned about the alignment of the teeth and the jaws as well as creating a beautiful, healthy smile.

Teeth are not only to look good, but they are pretty much the door to your entire well-being.

ASK DR. CARLOS ABOUT BRACES

Every day I meet with parents who have children who need help. It's obvious that without braces they will suffer a lifetime of problems.

They are the reason I decided to write this book. Think of it as a private consultation with me where you are asking the most important questions about braces.

At the end of this book I'll tell you my story and why I decided to get into Orthodontics.

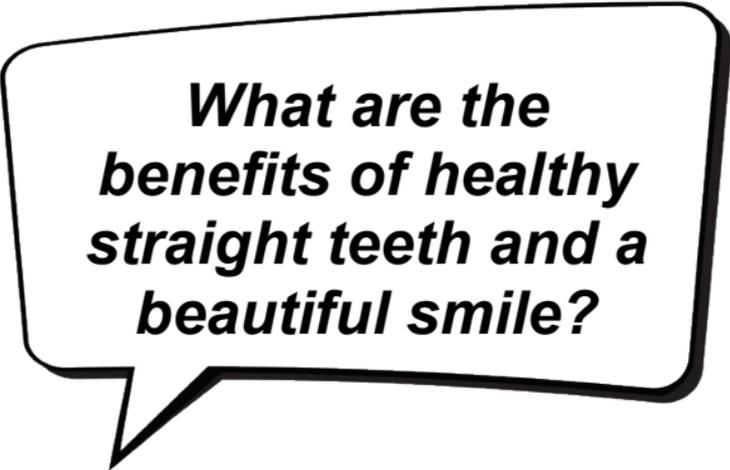
But first, let's get started with your questions.

Warmly,

Dr. Carlos

360-692-4811

www.MasterOrthodontics.com



***What are the
benefits of healthy
straight teeth and a
beautiful smile?***

I can't start this book on braces without first addressing the "reason why".

Because we all have choices in life. What do we spend our money on?

I certainly get the fact that parents would prefer not having to spend money on get their child's teeth straight.

They rather take a trip to Disney.

Or buy a new car.

Or any of a thousand other things they could do with that money.

But as an orthodontist I've seen the emotional devastation from adults who come to my office having had a lifetime of crooked and/or missing teeth and poor dental health.

They don't smile much.

They have no self-confidence.

- It's why I work so hard to make orthodontics for children affordable for parents.
- It's why I care so much that my offices are a "no judgement" zone.
- It's why I got into Orthodontics in the first place – TO CHANGE LIVES!!

You see, I'm not just in the "teeth straightening": business.

I'm in the "confidence for life" business.

I'm in the "smile" business.

Having a stunning smile can make your child's life easier in more ways than one. While straight, healthy teeth can help improve their overall health, they also contribute to their mental, emotional, and psychological well-being in several surprising ways.

But not just in their younger years – but for a lifetime!!

Confidence: Studies have shown that people who feel confident in their smiles are more likely to succeed in their careers and relationships because they're more likely to smile and speak clearly, whereas people who aren't confident in their smiles are less likely to open up and engage others. An easygoing, carefree smile makes you seem more confident, capable, and approachable.

Higher self-esteem: When you're not constantly worrying about flaws in your smile, you'll find it easier to embrace other parts of your natural beauty, both inwardly and outwardly. Your smile is often the first thing people notice about you, and you may find that you have higher self-esteem when your smile is an external expression of your inner beauty

Professional success: A *Career-Builder* survey found that more than 38% of hiring managers listed "lack of a smile" as one of the most offsetting qualities during an interview. Another study found that people who smile are 45% more likely to get a job. In other words, when looking for your next job, you're much more likely to get a second interview, or perhaps even hired, if you smile openly. With your newfound confidence and self-esteem, you may also find yourself

performing better in your career, going after that promotion, or offering to take on a difficult task at work.

Better personal relationships: While appearance certainly isn't the only factor we consider when looking for a partner or new friendships, it's an integral part of that critical first impression. A beautiful smile is attractive. A recent study found that people with straight teeth are "57% more likely to get a date," while 40% of people say, "they would not go on a second date with someone who has crooked teeth." A straight, radiant smile that reflects your confidence and inner beauty might give your relationships the boost you've been looking for.

It keeps teeth healthier: Having white teeth doesn't actually improve your overall dental health, but it will most likely change the way you take care of your smile and your oral

health. As soon as you have invested the time and energy into improving your smile's appearance, odds are you will be a lot more invested in ensuring it stays that way.

Easier to clean: Having a nice straight surface is much easier to clean than when teeth are crooked and overlapping.

Avoid bullying: In today's society and with the constant influence of social media and TV, everything that does not fit into "the norm" can be categorized as ugly or weird leading to what I consider an epidemic of "bullying" among our school-age kids from elementary right up to high school. According to a study from the *American Journal of Orthodontics & Dentofacial Orthopedics*, teeth were the No. 1 targeted physical feature to increase a child's chance of being bullied, followed by the child's strength and weight. This can easily

be avoided by having your orthodontist correct any issues.

Avoid trauma: Flared out or “buck” teeth have five times more chances of causing trauma. By having orthodontic treatment, you can correct the position of the teeth, protecting them from being exposed to injury.

Avoid surgery: Jawbone problems (skeletal) can be easily corrected at an early age. Once the patient has reached maturity, only a surgical correction (jaw surgery) can address the issue.



***When does a child
need to see an
Orthodontist?***

According to the American Association of Orthodontists, children should have their first appointment with an orthodontist when they are seven years old.

- By getting your child started in early orthodontic treatment, you may be saving them from years of difficult issues associated with their teeth and smile.
- It also helps to reduce or prevent more aggressive necessary treatments later in life to address oral problems. When you get your child

started in orthodontic treatment, you are providing the foundation for a healthy mouth and beautiful smile.

Crooked or crowded teeth is often an inherited condition.

Because it usually runs in families, if you have a family history of it, you should get your child into the orthodontist for early exams and treatment.

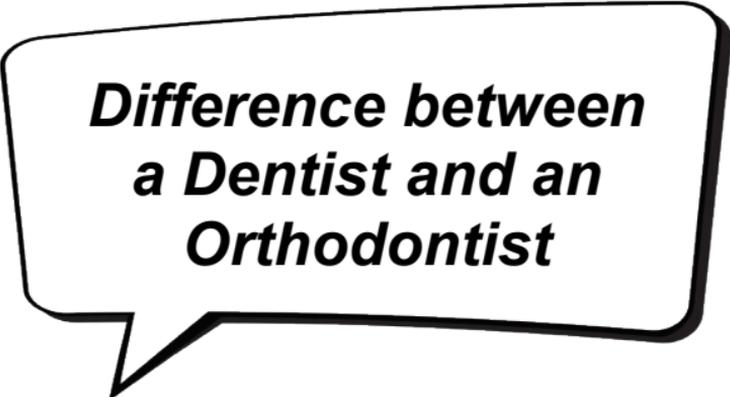
Of course, heredity issues are not the only way problems with the teeth occur.

Some additional reasons that children may have dental problems include

- accidents,
- thumb sucking,
- or an early loss of their primary/baby teeth.

Many issues can contribute to your child having problems with their teeth. But the good news is that they can usually be addressed, even at an early age.

The treatments and monitoring that they receive today may help save them from years of embarrassment and possibly more intense, painful, and costly treatment later. When it comes to children's teeth, prevention and early detection are key!



***Difference between
a Dentist and an
Orthodontist***

Your Dentist and your Orthodontist both work on your teeth.

So, what is the difference between the two?

The main similarity between a Dentist and an Orthodontist is that they both focus on oral care.

- A Dentist helps you keep your teeth and mouth clean and healthy.
- An Orthodontist can work in a dental office and provide the same care as a dentist, but a dentist does not have the

proper schooling to do orthodontic work.

They are both considered doctors and work with the teeth and gums, but the situation is similar to when doctors obtain additional education to become a surgeon.

You wouldn't go to your Primary Care Physician instead of a Surgeon to get your appendix taken out, would you?

Only a small percentage of dentists can call themselves an Orthodontist.

Once dental school is completed, some dentists tackle an additional 2-3-year program that specializes in Orthodontics.

That is about 3500-4000 hours of additional training beyond dental school.

To be one of the selected few, you must be in the top 5% of your class

and have a remarkable and impeccable academic record.

Orthodontics is the dental specialty concerned with the diagnosis and treatment of dental deformities as well as irregularity in the relationship between the lower and upper jaw.

Orthodontists learn skills regarding moving your teeth and fixing facial abnormalities. They help with crooked teeth, but they assist patients with other issues as well. These include overbites and underbites, crossbites, spaces between teeth, and overcrowding of teeth.

Overall, improper tooth alignment can lead to serious dental problems. Seeing a specialist with the right skills and knowledge is essential when choosing to do braces or Invisalign.

***What are my child's
braces options?***

While the goal is to have a beautiful, healthy smile, there are several ways to achieve it. The treatment options are:

Metal Braces

Braces have been around for a long time and continue to be the standard of care in Orthodontics. Braces are attached to the teeth using a specific specialized dental resin/glue. Wires are threaded through slots in the brackets and held by tiny rubber bands called “ligatures” or “o-rings.” These come in different colors and are so much fun to get during each appointment.

The brackets are generally made of stainless steel.

Every brace has a “built-in” prescription. What that means is that the brace

- has been specially designed to have very specific movements going in different directions.
- The movement is progressive as your child comes in for each visit and I fine tune the adjustment.
- Wires of the braces are made of different metal alloys. Each one moves differently throughout the treatment.

You can think of braces as an “art” – not a “science” which is why having a trained orthodontist – rather than a general dentist – results in a better outcome for life.

Ceramic (esthetic /clear) Braces

Ceramic braces are tooth-colored, allowing them to blend in with your teeth, thus easily looking next-to-invisible.

I attached them to the teeth like with the metal braces.

Some patients also have metal bands encircling back teeth that serve as the anchor for the wires and rubber bands. But since they are located on the back teeth, you can't see them.

The movement of the teeth – whether with metal alloy or ceramic – happens over months through a gentle tightening of the wires.

Self-ligating Metal Braces

These types of braces are affixed to the teeth and have built-in clips that hold the wires in the bracket's slots. Some patients may also have metal

bands encircling back teeth. The brackets are generally made of stainless steel. Wires are made of metal alloys and deliver a constant, gentle force to move teeth until they have reached their desired final position.

Self-ligating Ceramic (esthetic/clear) Braces

These types of braces are made of ceramic or specific tooth-colored resin, allowing them to blend in with your teeth, thus easily looking next-to-invisible. They are affixed to teeth and have built-in clips that hold the wire into the slot. Wires are made of metal alloys and deliver a constant, gentle force to move teeth until they have reached their desired final position.

Clear Aligners (Invisalign)

Aligners are clear, thin, plastic-like trays that are formed to fit an individual's teeth.

Patients are responsible for putting in and removing their own aligners.

For the aligner to work, it must be worn during the day and at night except during meals and while brushing/cleaning teeth.

Each aligner is worn for about seven days and moves teeth a fraction of a millimeter at a time. That way, the constant pressure against the teeth will move the teeth into the desired target position.

A series of aligners are created to move teeth. The number of aligners and series needed to correct misaligned teeth varies based on the individual's orthodontic problem and its correction.

***How hard is it to
get used to braces?***

Having braces requires effort and discipline, not only to accomplish a beautiful smile but also to stay on track with the estimated treatment schedule I'll set up for your child.

1. At first, their teeth may feel uncomfortable because of the pressure the braces put on them.
2. They may also feel uncomfortable and tight against their teeth after they have been adjusted during each visit.
3. Painkillers like ibuprofen (Advil) or paracetamol (Tylenol) can help. Some parts of the

ASK DR. CARLOS ABOUT BRACES

braces may also cause discomfort to their gums and lips, causing sore spots.

4. They may also feel that their voice sounds funny at first and may even have a lisp.

All these things will go away within the first few months. As compared to a possible lifetime of straight teeth with a perfect bite and jaw line, these few concerns are well worth it.

***Are there foods my
child will have to
avoid?***

The main aspect to take care of are the foods we eat daily since some of them might break or damage the appliances.

The “do not eat” list includes

- hard foods like nuts, ice, crisp taco shells, whole apples and carrots (cut them into pieces first),
- hard French bread crust and rolls, spareribs, corn on the cob (cut the corn off the cob before eating), popcorn, taffy, caramels, bubble gum, or sticky candy of any sort!

These foods risk breaking brackets and wires. *Overall you can say that most at-risk types include sticky, chewy, crunchy and hard foods.*

**Please use common sense
about what foods your child
should avoid.**

Nail-biting and pen or pencil chewing habits can damage braces and must also be avoided.

***How does my child
take care of their
braces?***

As important as watching what your child eats, they need to take care of the appliances by brushing right after every meal.

The braces act as a food trap; thus, it is essential to make sure that you are cleaning them properly.

Plaque can hide around the braces and if it's not removed, the bacteria in the plaque can erode/deteriorate teeth causing bad breath, gingivitis, cavities, or decalcification of tooth enamel. The decalcifications show up as white spots on teeth. These white stains are often permanent. Brushing after meals should become

ASK DR. CARLOS ABOUT BRACES

part of your daily schedule regardless of how many times you eat.

It is recommended to have a professional cleaning and dental evaluation by your dentist every six months like you usually would have without braces.

What about loose teeth with braces?

The loosening of teeth is to be expected throughout treatment. Don't worry! It's normal.

Teeth must loosen first so they can shift. The teeth will again become rigidly fixed in their new – corrected – positions.

Your child can continue to play instruments or sports with their braces. When it comes to playing instruments, there is an obvious period of “adaptation,” but 99.9% of patients will adjust accordingly.

When it comes to sports, your child must be careful. I recommend they

ASK DR. CARLOS ABOUT BRACES

wear a mouthguard when participating in any sporting activity, which is a common practice anyway.



Retainers – Life after braces?

Wow! Congratulations on your child's new beautiful smile! As important as their treatment was to achieve a beautiful healthy smile, the maintenance or retention phase will make sure that they enjoy it and keep it the way it is for the rest of their life.

After your braces are removed, I will fit your child with a retainer. To do so, my staff will take a mold of their teeth using a material known as **alginate** (al-juh-nate). The impression or fitting is fast, painless, and doesn't even taste bad.

Retainers are custom-made devices, made of wires, acrylic, or clear plastic.

The retainer's purpose is to help the teeth stay in their new position after wearing braces.

It's important your child wear's the retainer because as their body grows, their teeth will shift.

The retainer helps to control this shifting, which occurs naturally.

Also, the teeth, more than any other body part, are subject to continuous pressure from the lips, cheeks, and tongue. That pressure along with swallowing and chewing actions tend to produce undesired tooth movements in the long term.

What kind of retainers are there?

The most common or well-known type of retainer is the “**Hawley**” retainer.

This type is a thin, tongue-shaped piece made of acrylic that is molded to fit the child’s mouth and contours the soft tissue (gums).

It features a wire in the front that holds their teeth in position and has extra additional wires in the back called hooks or clasps that aid in the retention.

The Hawley retainer is simple, durable, and easily removed.

Another type of retainer is called the “**Essix**” or clear plastic retainer.

This type of retainer is made of a specialized type of polymer (plastic) that has the advantage of being “invisible” or transparent. Its main drawback is the fact that since it’s invisible, it is easy to lose and is not as sturdy as a Hawley retainer.

Lastly, the “**Bonded**” retainer is a specialty wire that is bonded or glued on the back surface of the anterior teeth that acts as a “splint,” preventing the teeth from moving or “shifting,” thus having the same effect as the removable retainers.

Retainer Care

Like any other orthodontic appliance, retainers should be cared for properly as they are exposed to bacteria, plaque, and leftover food particles. Cleaning the retainer every day will

prolong its life and will keep it in top shape.

- To clean the Hawley retainer, your son/daughter can use a toothbrush in warm water. Do not use any chemicals or toothpaste. It is recommended to do so every time they remove it to eliminate any bacteria or food debris that has accumulated. Beware of not touching the wires since it can bend or distort over time, making it ill-fitting or loose.
- Concerning an Essix retainer, it is recommended to use a toothbrush and cold water only. Using hot water can warp and distort the retainer. No chemicals or toothpaste should be used since they can micro-scratch the plastic, and that will create small grooves

that can harbor bacteria. Because the plastic of the retainer can crack if it gets too dry, your child should always soak it when it isn't in his/her mouth.

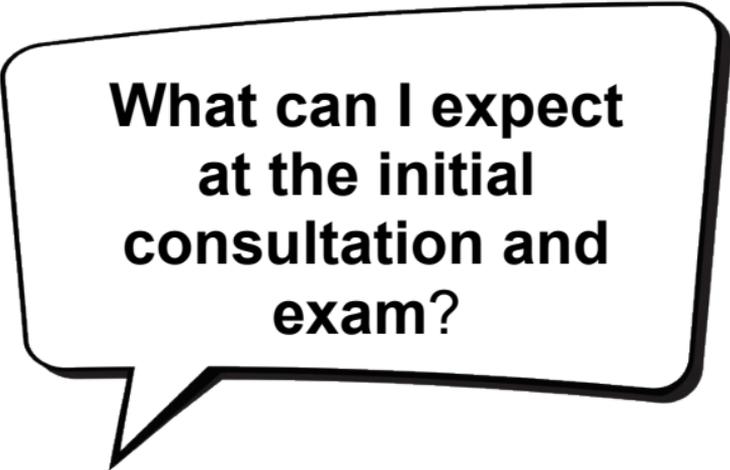
- A bonded wire retainer needs to be brushed and flossed accordingly. Be very careful while flossing because it might break if done incorrectly. Remember your child should not eat anything hard or sticky that can break it.

Your child will often be reminded of this phrase, *“If it’s not in your face, it’s in your case.”*

They will always keep their retainers in the case when they are out of their mouth. That way, they don't make the mistake of losing them or throwing them away.

Retainers are expensive and you might have to pay for a new set if they are either damaged or lost.

Wearing their retainer will guarantee that their teeth will remain straight and beautiful for the rest of their life. Doing otherwise will have unwanted consequences.



**What can I expect
at the initial
consultation and
exam?**

The initial consultation is your first step into achieving a beautiful, healthy smile for your child.

The exam and consultation are the foundation of their treatment.

During this first appointment, you will

1. Fill out the pertinent health history on your child to make sure there are no risks for them to receive treatment.
2. At the same time, we will need you to sign the HIPAA disclosure (Health Insurance

Portability and Accountability Act) forms to properly protect yours and your child's privacy.

3. Then we will take records. That includes the diagnostic images such as Panoramic (global images of your teeth) and cephalometric films (side view of your head), which will allow the doctor to formulate a diagnosis, which in turn will be the basis for an adequate and custom treatment plan. Intraoral (inside the mouth) and extraoral (facial photos) will complete the records.
4. The next step entails a clinical examination. The doctor will look at their teeth, jaws, and facial features and structures. At this time, you will be asked about your concerns and goals with treatment for your child.

5. I will go over all the collected records, exams, and your feedback to develop your custom treatment plan. The treatment modalities will be discussed as well as limitations (if any), treatment time, expectations and retainers or additional procedures that may be needed such as fillings, gum health evaluation, extractions, etc.
6. Once you have all the pertinent information regarding your treatment, the last step will be to have a consultation with the treatment coordinator. That's when you'll discuss the treatment costs, financial plans available, and the booking of your starting date.



How to pay for Orthodontic treatment and braces?

Nowadays, paying for orthodontic treatment is easier than ever. Different financing options are available at our office such as:

Pay in full:

As its name implies, paying in full is the form of payment where the parent/patient pays for treatment in its entirety before starting formal treatment. One of the advantages of paying in full is that you get a special discount price for doing so.

Custom self-pay payment plan:

This plan is customized where an initial down payment is required to start treatment, and then there are monthly installments until the entire cost of treatment is fulfilled.

In this modality, my treatment coordinator has the flexibility to adapt the cost of the treatment to accommodate the parent/patient's needs.

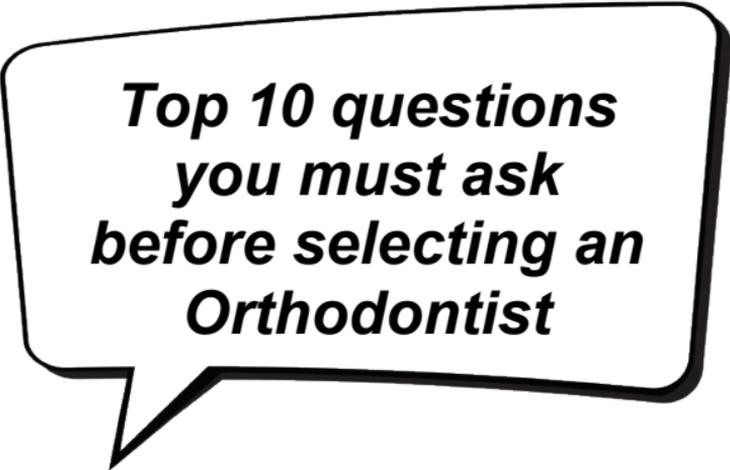
Another advantage is that the plans are free of any interest while treatment is ongoing.

Insurance-based payment plan:

This type of payment plan involves a partial or full benefit from the Parent/patient's insurance and the remaining balance is paid out of pocket. In order to qualify, the insurance plan must have orthodontic treatment coverage.

CareCredit:

This is healthcare financing that helps you pay for out-of-pocket healthcare expenses such as Orthodontic treatment for you and your family. Once you are approved, you can use it to help manage your treatment costs not covered by insurance.



***Top 10 questions
you must ask
before selecting an
Orthodontist***

Not all Orthodontists are the same. It's important that you select wisely.

Here's 10 questions you SHOULD ask/get answered before you select any orthodontist for your child's teeth.

1. What is the doctor's education credentials?
2. How long has he /she been in practice?
3. Do they have multiple locations for convenience?

ASK DR. CARLOS ABOUT BRACES

4. Do they offer in house financing?
5. Does he /she speak different languages?
6. Is he a published author?
7. What is his online reputation (Google reviews)
8. Do they have Social media presence? (Facebook, Instagram so you can see pictures of their results)
9. Does he treat children and adults?
10. Does he have any awards?

***How do I find out
more?***

First, I'd like to thank you for reading this book and congratulate you on taking the first step in knowing what options you have for your child's orthodontic treatment.

Like I said in the introduction, while this book is packed full of valuable information, it may not have all the answers to all your questions.

I would encourage you to call our office (if you haven't already done so) and set up an initial consultation.

Dr. Carlos Caballero, DDS, MS
MasterOrthodontics.com
360-692-4811

About Dr. Carlos



Dr. Carlos started his journey at the tender age of 11 years old. It was his own experience with braces that left him mesmerized by it, and right there and then he decided to become an orthodontist.

On his way to achieving his dream, he received specialized dental education degrees from Boston University, the University of Minnesota, and Case Western Reserve University.

ASK DR. CARLOS ABOUT BRACES

As a published orthodontic specialist, he has been recognized as a leader in his field.

As a clinician, he is an Invisalign® VIP provider, placing him among the top 1% of providers worldwide.

Dr. Carlos' specialized orthodontic expertise offers children, teens, and adults an exceptional experience on their way to a beautifully straight smile.

He is driven by a passionate desire to ensure patients of all ages receive the highest level of specialized orthodontic solutions.

Dr. Carlos holds memberships in the American Association of Orthodontists, The American Dental Association, The Washington State Dental Association, and the Washington State Society of Orthodontists.

“**ASK**”

DR. CARLOS

**WHAT EVERY PARENT
NEEDS TO KNOW
ABOUT BRACES**

In this book you'll learn

- When should you bring your child in for an exam by an Orthodontist?
- What options does your child have for braces?
- What foods should be avoided with braces?
- How do you care for braces?
- How can your child be guaranteed a perfect smile for life?
- How do you know which Orthodontist to choose?

360-692-4811 - www.MasterOrthodontics.com

Retail Price: \$9.99