



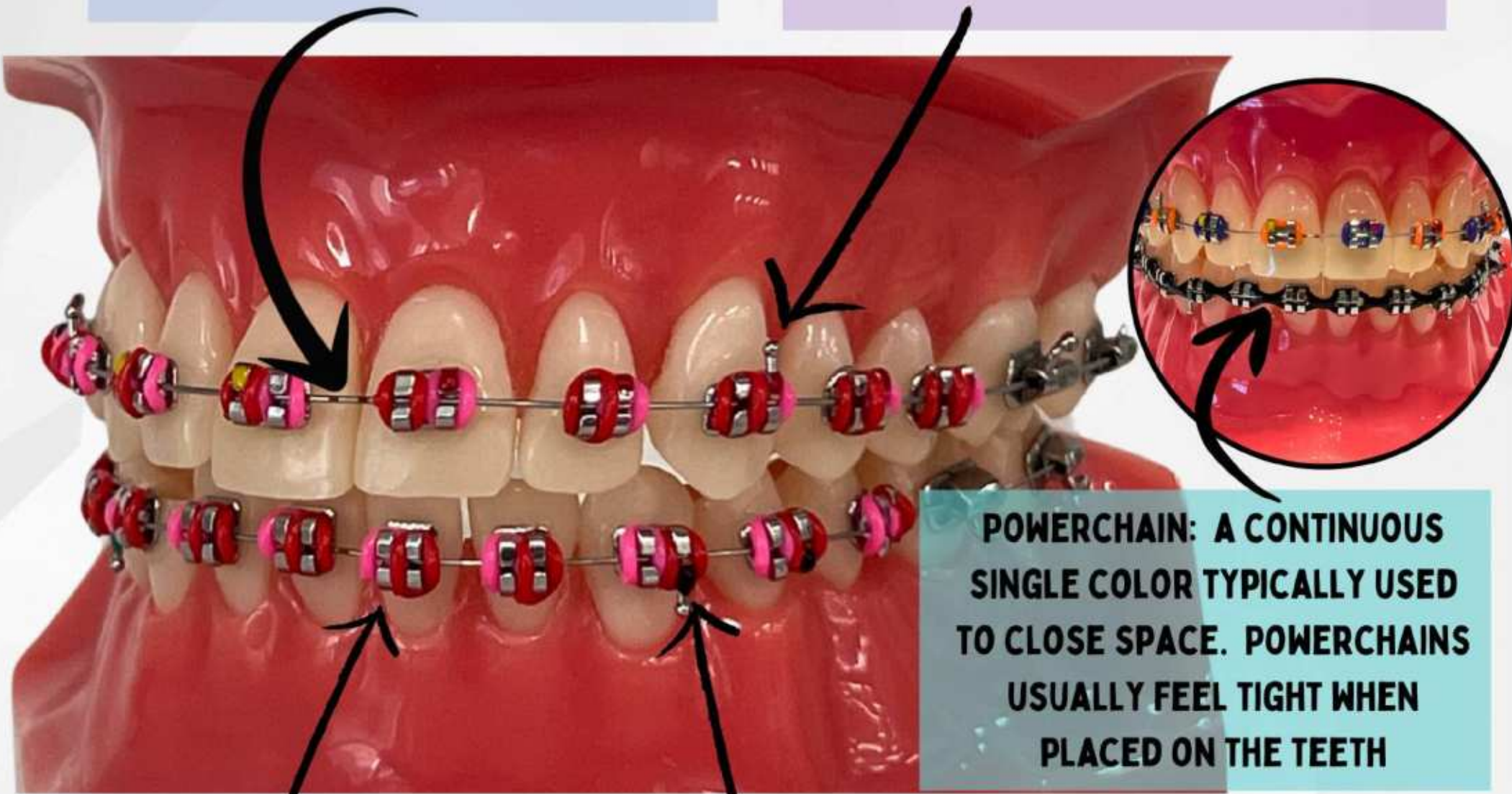
# ALL ABOUT YOUR BRACES



## \*INTRODUCING YOU TO THE PARTS AND VOCABULARY OF YOUR BRACES\*

**WIRE/ARCHWIRE:** THE WIRE THAT SITS IN THE BRACKET SLOT AND CONNECTS THE BRACES TO MOVE YOUR TEETH. ARCHWIRES COME IN DIFFERENT SIZES AND MATERIALS, AND MAY NOT BE CHANGED EVERY VISIT

**HOOK:** A VERTICAL EXTENSION OF THE BRACKET. USED FOR ATTACHING ELASTICS DURING TREATMENT. THEY MAY PROTRUDE INTO THE CHEEK, ESPECIALLY WHEN FIRST STARTING AND NEED SOME WAX TO MAKE COMFORTABLE

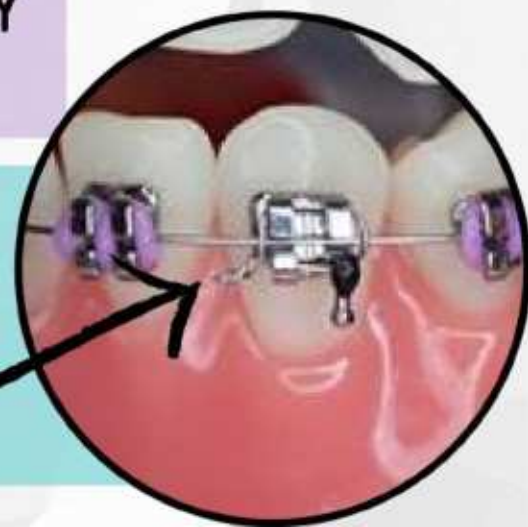


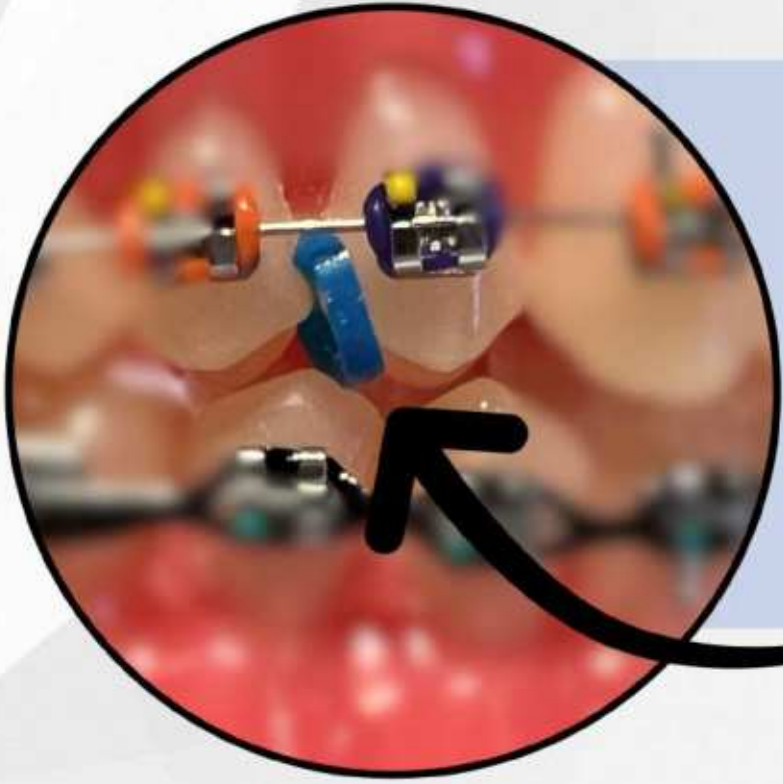
**POWERCHAIN:** A CONTINUOUS SINGLE COLOR TYPICALLY USED TO CLOSE SPACE. POWERCHAINS USUALLY FEEL TIGHT WHEN PLACED ON THE TEETH

**BRACKET (PLURAL- BRACES):** THE INDIVIDUAL SILVER OR CERAMIC ATTACHMENT ADHERED TO YOUR TOOTH OR WELDED TO THE BAND. BRACKETS HAVE A HORIZONTAL CHANNEL DOWN THE MIDDLE CALLED THE "SLOT" WHERE THE WIRE SITS. BRACKETS CAN EASILY BREAK OFF IF EATING HARD/CRUNCHY/STICKY FOODS OR WITH BAD HABITS LIKE CHEWING ICE, BOTTLE CAPS, PENS/PENCILS, FINGERNAILS, ETC.

**CIRCLE/O-TIE/ELASTIC LIGATURE:** THE COLORED ELASTIC RING THAT HOLDS THE WIRE IN THE BRACKET SLOT. O-TIES ACCUMULATE PLAQUE AND ARE TYPICALLY CHANGED EVERY VISIT

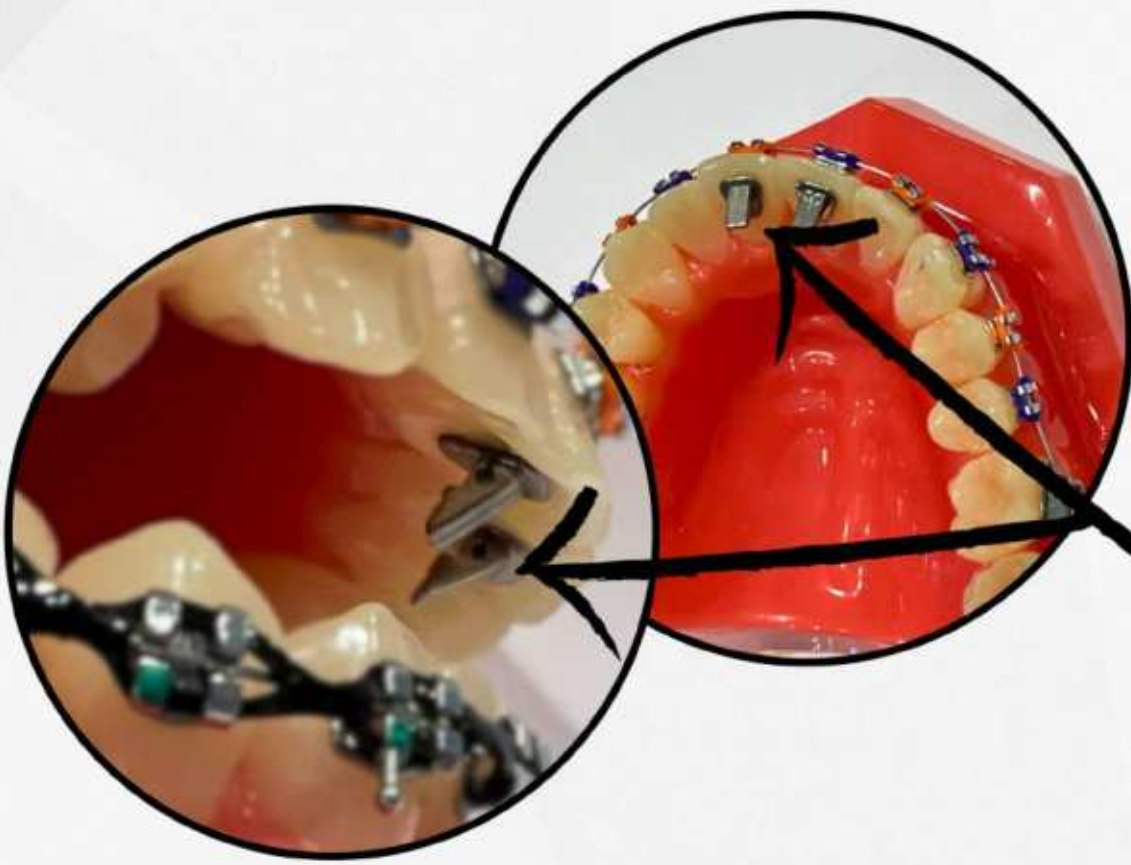
**LIGATURE TIE:** A METAL TIE THAT IS TWISTED TIGHT TO HOLD THE WIRE IN PLACE





**SEPARATOR: A RUBBER DISC (TYPICALLY BLUE) THAT IS FLOTTED BETWEEN TWO TEETH TO CREATE SPACE BETWEEN THOSE TEETH. SEPARATORS ARE MOST COMMONLY PLACED BEFORE FITTING ORTHODONTIC BANDS, BUT ARE ALSO USED FOR OTHER PURPOSES.**

**BAND: A METAL RING THAT FITS AROUND A TOOTH. BANDS TYPICALLY HAVE A BRACKET WELDED TO THE CHEEK-SIDE SURFACE AND ARE DIFFICULT TO BREAK.**

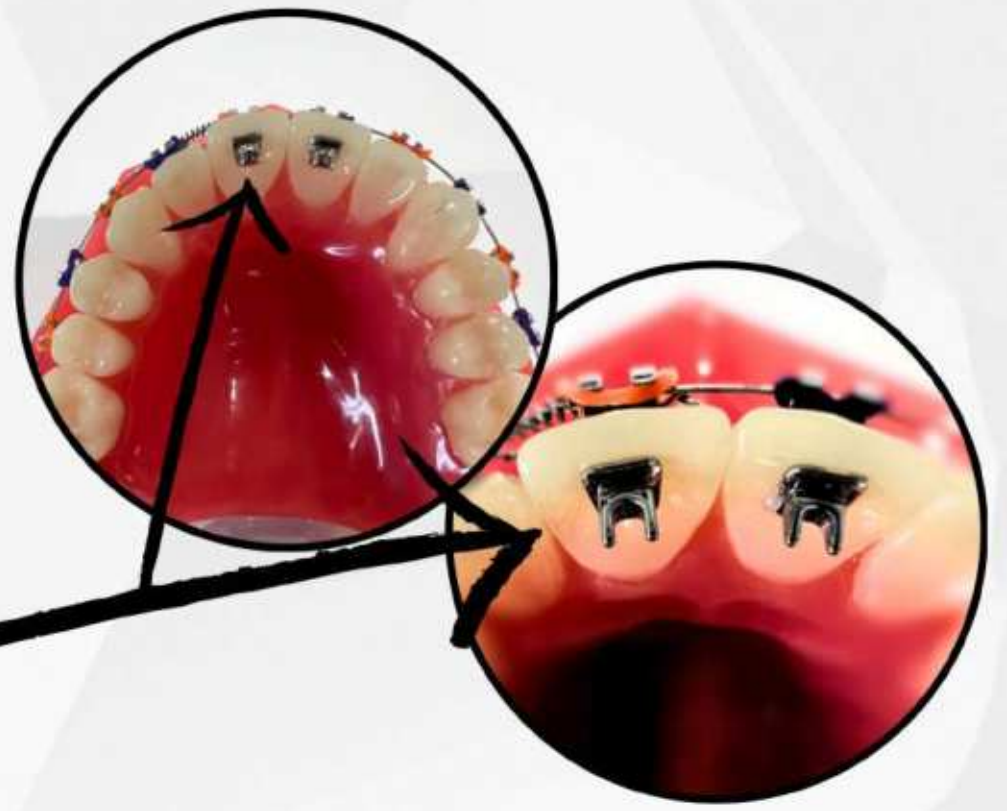


**BITE TURBOS/BITE RAMPS: SILVER OR TOOTH COLORED ATTACHMENTS ADHERED TO THE TONGUE SIDE OF THE TEETH TO PREVENT THE LOWER BRACES FROM BREAKING. BECAUSE THE LOWER FRONT TEETH TOUCH THE BITE TURBOS FIRST, THE BACK TEETH DON'T TOUCH AS WELL. TAKE CARE TO CUT FOOD INTO SMALLER PIECES AND CHEW WELL. IT TYPICALLY TAKES ABOUT A WEEK TO GET USED TO EATING WITH BITE TURBOS.**

**BLUE GLUE / BITE BUILD-UPS: MOUNDS OF BLUE COLORED ADHESIVE, TYPICALLY USED TO PREVENT BREAKAGE OF LOWER BRACES OR CREATE SPACE BETWEEN UPPER AND LOWER TEETH. THEY MAY FALL OFF OR WEAR DOWN OVER TIME AND CAN BE PLACED ON DIFFERENT TEETH WHEN NEEDED.**



**TONGUE TAMERS: SPECIAL BRACKETS WITH SMALL (BUT DULL) POINTS ADHERED TO THE TONGUE SIDE OF THE TEETH. TYPICALLY USED TO CURB HABITS LIKE A TONGUE THRUST OR THUMB/FINGER SUCKING.**



**COIL SPRING: A SPRING THAT THE WIRE THREADS THROUGH. MOST OFTEN USED TO MAKE SPACE BETWEEN TEETH OR HOLD SPACE BETWEEN TEETH. SPRINGS MAY PUSH INTO THE CHEEK AND NEED WAX TO MAKE COMFORTABLE.**



**ELASTICS (RUBBER BANDS): SMALL RUBBER BANDS WORN BETWEEN THE TEETH IN DIFFERENT PATTERNS TO MOVE GROUPS OF TEETH. CONFIGURATIONS, STRENGTH AND SIZES, AND DURATION OF WEAR VARY PATIENT TO PATIENT AND APPOINTMENT TO APPOINTMENT, SO PAY ATTENTION TO SPECIFIC INSTRUCTIONS AND TAKE A SELFIE OF EACH CONFIGURATION.**

