



Parkcrest
DENTAL GROUP

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Parkcrest Orthodontics Guide



Orthodontics at Parkcrest Dental Group

Smiling is the universal sign of happiness. Just the act of smiling has been proven to boost your mood! That's why it's so important to be comfortable and confident when you smile. A beautiful, straight smile is one way to guarantee that you'll be confident about your teeth and not afraid to show off your smile. Luckily, straightening teeth is easier than ever. Here at Parkcrest Dental Group, our orthodontist Dr. Harrison and his amazing staff can put you on the path to a perfect smile!

About Orthodontics

When you go to the dentist it's usually for your regular checkup, which involves a routine cleaning and examination for problems like cavities. However, orthodontics are quite a bit different than your regular dental appointment.

Orthodontic treatment is an ongoing process that is meant to correct irregularities in the teeth, jaw, and bite alignment. The orthodontic process often involves orthodontic appliances, such as braces, retainers, elastics, aligners, and other equipment.



Unlike dental appointments that are usually scheduled every six months, orthodontic treatment often requires monthly appointments to make small, ongoing adjustments.

Here are some common irregularities that can be treated with orthodontics:

OVERBITE

The upper jaw/teeth extend too far over the lower jaw.

UNDERBITE

The lower jaw/teeth extend past the upper jaw.

CROSSBITE

The upper and lower teeth are laterally misaligned, so they do not line up when clenched.

REVERSE BITE

When teeth are clenched, the upper teeth bite inside the lower teeth.

OPEN BITE

The upper and lower teeth have no overlap when teeth are clenched.

SPACING

There are gaps between teeth or teeth are missing.

CROWDING

There isn't enough space for the teeth in the mouth, so teeth are too close together.

PROTRUDING FRONT TEETH

Upper teeth flare out too far.

IMPACTED TEETH

When an adult tooth is unable to emerge out of the gum properly.

A proper orthodontic plan will treat these conditions as efficiently and as comfortably as possible.

When Should You Get Orthodontic Treatment?

Patients usually begin orthodontic treatment when they are in their teens. But sometimes it's beneficial to begin treatment earlier or later in life, depending on the patient's personal preferences and dental

EARLY ORTHODONTIC TREATMENT

Even though orthodontics are most commonly associated with the teenage years, it can be very beneficial to begin the process earlier! The first discussions about a need for orthodontics should take place around the age of 7. Once the child's adult teeth have begun to emerge, your dentist will be able to identify problems and recommend a visit to the orthodontist. This early stage is the best time to catch any potential issues. Treatment can begin while the jaw is still growing, allowing the orthodontist to achieve better results in less time. Visiting with an orthodontist early makes the overall process much easier and can lead to better, more permanent results. Plus, children can finish the orthodontic process earlier in life, so they don't have to wear braces during their socially-formative teenage years.

TEEN ORTHODONTIC TREATMENT

Teenage years are the most common time to get braces. As teenagers, all of the adult teeth should be established, so it is easy to identify issues and enact treatment. Most teens complete their orthodontic treatment in 12-24 months. There are plenty of different options for teen braces, and your orthodontist can easily help you find the best treatment plan.

ADULT ORTHODONTIC TREATMENT

Just because you're an adult doesn't mean orthodontic treatment isn't for you. More adults are getting orthodontic treatment than ever. This is because Invisalign allows adults to have the benefits of braces without the hardware. We know it's important to maintain a professional appearance while straightening your smile, and that's why we'll work with you to provide the best plan possible that will fix your issues comfortably, discreetly, and efficiently.



What Is Involved?

Each patient's orthodontic treatment plan will be unique to their needs. There are a variety of factors that will determine the plan, such as age, severity of the issues, patient preferences, and much more. All of these factors will be taken into account when creating a treatment plan. With that being said, there are certain aspects of orthodontic treatments that most patients can expect. We'll break down some of these here.



+ HOW BRACES WORK

Braces are typically made of metal, ceramic, or plastic. By using a constant, controlled force, they gradually move your teeth into their proper position. Orthodontic treatment can take a substantial amount of time, often 12-24 months, since the teeth must be moved gently and carefully over an extended timeframe.

If you're wondering exactly how long your treatment will take, the answer is: it depends on your unique smile and personal preferences! The orthodontic team at Parkcrest Dental Group will be able to provide a timeline for treatment after assessing your particular situation.

+ TYPES OF ORTHODONTIC APPLIANCES

Here are the various types of braces and appliances that will be used in treatment:

METAL BRACES:

Metal brackets are placed on each tooth, connected by wire and elastic.

CERAMIC BRACES:

These are similar to metal braces, but they're made with clear ceramic. This style of braces is a great option for an individual who wants something a little more subtle.

CLEAR ALIGNERS:

Clear aligners like Invisalign function in the same way as braces, but they use acrylic trays to straighten teeth. They're removable, and you get a new one every few months as your teeth move. These are great for people that want a completely invisible alternative to traditional braces.

PALATAL EXPANDERS:

Palatal expanders are used when misalignment is severe. They realign the jaw and help move teeth apart so braces can be used afterward.

RETAINERS:

Retainers are used after braces to keep teeth straight and prevent them from moving out of position.

Living with Braces

So, what is it like living with braces? With modern advances, it's actually quite comfortable. Although you will need to make some minor changes to your lifestyle, they're quite reasonable, and you only have to adhere to them through the duration of your treatment. Let's take a look at some of the things you'll need to keep in mind when living with braces.



WATCH WHAT YOU EAT

One of the most important things you need to do when living with braces is cut out certain foods. Although these might be some of your favorite treats, they could damage your braces and drastically increase the amount of time you'll have to keep them on. Here are some foods to avoid when wearing braces:

- **Chewy Foods:** bagels, licorice
- **Crunchy Foods:** popcorn, ice, chips
- **Hard Foods:** nuts, hard candy
- **Sugary Foods:** candy, soda, fruit juice
- **Sticky Foods:** taffy, gummy bears, caramels
- **Foods You Have to Bite Into:** apples, carrots, corn on the cob

SORENESS

After you have your braces put on or adjusted, it's common to experience some soreness. The soreness is just your teeth getting used to the feeling of being slowly moved into position. This feeling should go away fairly quickly, and it can be mitigated by swishing with warm water and salt, taking pain relievers, and putting wax on parts of the braces that are irritating your mouth.

COMMON PROBLEMS WITH BRACES

Sometimes you may experience a loose wire, loose band, or a sharp bracket. The team at Parkcrest Dental Group can easily address these problems, but if you need a temporary fix to relieve irritation in the meantime, you can put wax over the loose wire or sharp bracket. When something happens to your braces, it's important to get it taken care of as soon as possible.

BRACES CARE

Caring for your braces isn't too different from your typical oral hygiene routine, but you will need to take extra care to keep your teeth clean. The brackets and wires can get food stuck in them, so it's essential to have a good dental hygiene routine to prevent plaque. If you can, make sure to brush after every meal. We also recommend using an oral irrigator to help remove food particles from your hardware. An oral irrigator is essentially a method of flossing with water, and it's extremely convenient for people with braces.



After Orthodontic Care

When you get your braces off, you'll have a brand new, beautiful smile! Your new smile is what makes the orthodontic journey worth it. You'll want to maintain those amazing results for the rest of your life, so it's important to follow a post-orthodontic treatment plan. Luckily, it's quite easy to maintain your results.

You'll be given a retainer that keeps your teeth in their current position. When you're first given your retainer, you'll need to wear it all the time for one year. After this time has passed, you'll only need to wear it at night when you go to sleep. Voila! You have straight teeth for the rest of your life! Of course, to keep your smile beautiful you'll need to make sure to keep up with your daily dental hygiene routine and see your dentist for cleaning every six months.

And that's it! After orthodontic treatment, you can have the smile you've always wanted, and you can keep it that way for good!

You can talk to a professional at Parkcrest Dental Group about Orthodontic Treatment today. [Take a look at our website](#), call [417-221-9725](tel:417-221-9725) or use the contact form at the bottom of this guide.

About Parkcrest and Dr. Harrison

If you need orthodontics, Dr. Harrison at Parkcrest Dental Group is happy to help! Why choose Parkcrest Dental Group? We're glad you asked!



How to Contact

Ready to make an appointment? Have additional questions? Please **contact us** today! We look forward to seeing you at Parkcrest Dental Group.

Who We Are

Parkcrest Dental Group has been serving Springfield, Missouri, and the surrounding areas for over 40 years. With nine doctors and over 50 support associates, you can trust you're in good hands.

What really sets us apart, other than our experience and dedication to customer satisfaction, is our wide range of dental services. By providing a multitude of specialty services, we make it easy for families to meet their dental needs all in one place!



Meet Dr. Steven Harrison

Dr. Steven Harrison is certified by the American Board of Orthodontics and has been here at Parkcrest since 1986. Choosing Parkcrest for your orthodontic needs ensures you're getting Dr. Harrison's expertise and dedication to quality orthodontic care. Learn more about him [here!](#)

Our Mission

Here at Parkcrest Dental Group, we make it our mission to protect the optimal oral health of all of our patients. We live our mission every day, and we do everything we can to provide excellent service while making our patients happy, comfortable, and healthy!

In addition to our dedication to customer satisfaction, we're dedicated to adhering to the highest standards of dentistry and staying on top of the latest cutting edge technology. When you choose Parkcrest Dental Group, you're choosing a dental group who strives to be the best.

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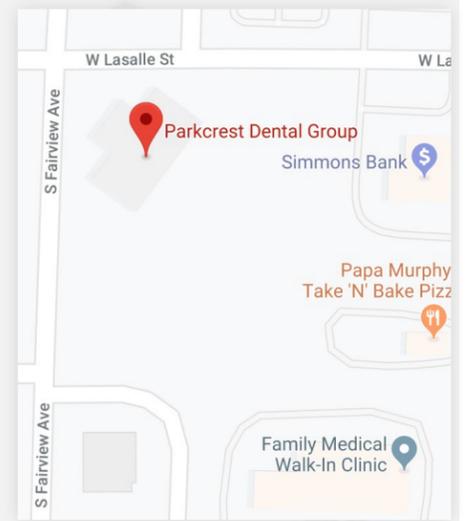
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OFFICE HOURS

Monday: 8:00am to 5:00pm
Tuesday: 8:00am to 5:00pm
Wednesday: 8:00am to 5:00pm
Thursday: 8:00am to 5:00pm
Friday: 8:00am to 5:00pm



Use the button below or call 417-887-1220 to contact us today to set up an appointment.

[MAKE AN APPOINTMENT](#)