



# CHARLES A. SMITH, DDS & ASSOCIATES

Specialists for Aesthetic Dentistry

## **ARA/CONTROLLED ARCH FAQ | PATIENT INFORMATION & SEQUENCE**

*The following is an explanation of services involved in your non-surgical, Anterior Remodeling Appliance therapy. Because your progress will be as unique as your particular problem, it may vary slightly from this sequence or may take more or less time depending on the circumstances of your case. This document serves also as a timeline of events you can expect through your ARA treatment.*

### **Records | 1 Hour**

- At your records visit, we will take digital impressions for the lab to custom fabricate your ARA appliance.
- At this visit, we will also recommend Myofunctional Therapy training.
- It can take 3-4 weeks to receive your ARA appliance. We will schedule your next appointment when we have your appliance in our office.
- Spacers will be inserted between several teeth to create room for your ARA.
- Spacers are essential, if one falls out, please call us ASAP so we can get it reinserted.
- Do not floss around the teeth with spacers, gently use a Waterpik to help keep them clean.
- Spacers are uncomfortable, but should never be painful. Please call us if you are experiencing any pain.

### **ARA insert | 1.5 Hours (3-4 weeks after spacer placement)**

- Insertion of the ARA appliance is an exact event. If your appliance does not fit perfectly, we will re-insert spacers and re-appoint you to insert the appliance at a later date. This precise fit is critical for the ARA to function correctly and safely.
- You will also get your lower holding arch (also known as a fixed/removable lingual appliance or FRLA) inserted and molar build-ups placed if these have not already been placed.
- If you have an orthotic, we will convert it to occlusal pads before moving into the braces phase of treatment.
- The ARA has an acrylic button on the roof of your mouth. It is important to lightly tap this button frequently every day with the tip of your tongue. This repeated action does two things: 1) helps activate the appliance to aid in midface remodeling and 2) strengthens your tongue to help it rest in a proper position.
- We will provide you with Orthodontic wax which can be helpful if your cheeks get sore.
- If you feel bonding or cement loosen on your appliance, call ASAP so we can resolve any issue.

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- Make sure to thoroughly clean your teeth and appliance every time you eat with a toothbrush, Waterpik, and floss threaders as necessary.

## **The Big 3 | Continuous every day**

The Big 3 are as follows:

1. Lip seal
  2. Proper tongue posture
  3. Nasal breathing
- These three are very important. If we have suggested you see an ENT for potential Big Three issues, please make sure to do so at some point during your treatment, as a proper lip seal, tongue posture and nasal breathing are CRITICAL to the long-term results and stability of your case.
  - Please make sure to keep Myofunctional Therapy appointments and perform the prescribed exercises daily. Your participation and compliance are CRITICAL to the long-term results and stability of your case.
  - Lip taping during sleep is highly recommended for all patients in ARA who CAN breathe through the nose. For patients with limited nasal breathing, use of Breathe Right Nasal Strips may also be necessary. We have lip tape and instructions available.
  - Proper tongue resting position: the tip of your tongue should sit directly behind the top front teeth. The remainder of your tongue should be sealed in the roof of your mouth.

## **Remember every time you swallow:**

1. Put teeth together
2. Push on the pad with tongue
3. Swallow (muscular action should be in the throat)

## **Extra stimulation:**

1. Press intermittently at any time, eg: sitting at traffic lights / bored at work etc!



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## **ARA follow-up appointments | 30 Minutes**

- We will see you every 4 weeks for 3-4 months by Dr. Smith to check the stability of your appliance, check your molar build-ups or orthotic and add to or adjust as necessary, and re-activate your appliance.
- We will take progress measurements.
- When enough development has occurred, we will schedule you up to 4 weeks later for ARA removal and bracket placement.

## **Braces insert | 2 Hours**

- Today your braces will go in, along with your upper FRLA (and lower FRLA if it hasn't been inserted.)
- We generally use metal braces. This is a very specialized treatment and the self-ligating metal brackets usually allow treatment to proceed more quickly and comfortably than treatment with the available tooth-coloured brackets. If you still prefer tooth-coloured brackets on the top teeth, extra fees may apply.
- Orthodontic wax can be helpful if your cheeks get sore.
- We will see you every 4-6 weeks to make adjustments to your braces until all spacing closes and your bite settles.
- After your bite settles, we will place you in finishing wires for 3-4 months to make sure all your teeth stabilize in their new position.
- It is vital in maintaining the "Big 3" and any prescribed Myofunctional Therapy during this phase of treatment.
- Proper oral hygiene is very important while you are in orthodontics. If you are having trouble, please ask to speak with our hygienist for tips on keeping everything clean.



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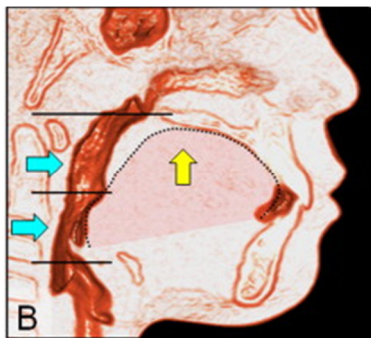
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## Retainers | 1 Hour

- Your braces and FRLAs will be removed and digital impressions taken for removable retainers. We may also recommend a bonded wire on the insides of your upper and/or lower front teeth for a period of time. Patients with previously symptomatic TMJ will be prescribed a night appliance to wear to prevent the return of TMJ symptoms. That appliance will take several weeks to construct, and the removable clear retainers should be worn full-time until you receive your night appliance. Different night appliances can be discussed.



*ARA / Flat Pads*



*Proper Tongue Posture*

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