

Bankhead and Firth Orthodontics P.C.

5524 Telegraph Rd. | 3890 S. Lindbergh Blvd. #115 | 54 The Legends Parkway #161
 Oakville, MO 63129 | Sunset Hills, MO 63127 | Eureka, MO 63025
 (314) 487-1141 | (314) 843-5553 | (636) 938-7766

It's Never Too Late To Get Braces as an Adult

Not so long ago, children usually had dental braces only if their family could afford them. Now adults are wearing dental braces in greater and greater numbers. And there's never been a better time to make this choice.

Dental braces are smaller, lighter, easier to clean and wear comfortably. A whole new world of orthodontic materials that work better and faster is available to us. There are ceramic braces, invisible braces and many other choices for adults who want to improve their smile.

Ceramic braces offer a less-visible alternative to the more established metal braces. They blend in more with the natural color of teeth and may make the braces look more appealing. Ceramic braces may not be as strong metal and may require a longer treatment time.

Metal bands are only a memory. We use new plastics and bonding adhesives. Wire and brackets can be "super-glued" directly onto the teeth. There are some dental braces that seem "invisible." Nitinol (thanks NASA!) is a new metal that retains its shape and is strong enough to withstand the force exerted by orthodontic appliances.

Moderate gaps can even be invisible with lingual braces glued to the back of the teeth. If you think you need dental braces, or maybe you're interested in the visual appeal of ceramic braces, check out all your options, because there has never been a better time!

Braces Do's

- Brush after every meal. If you can't brush right away, rinse your mouth (and removable appliance) with water.
- Floss every day. Your orthodontist can give you a floss threader if you're having difficulties.
- Call your orthodontist if anything is loose or broken.

Braces Don'ts

- Don't miss your orthodontic appointments. Missed or delayed appointments mean you'll have to wear your braces longer.
- Don't eat hard, sticky or chewy foods, crunchy foods.
- Don't chew on pens, pencils, ice, fingernails or anything that might break your braces.

Shiny clean teeth and fresh breath are good reasons for practicing good oral hygiene, but the most important reason is that keeping your gums and teeth clean and healthy will help you keep your teeth throughout your life. Although some diseases and conditions can make dental disease and tooth loss more likely, most of us have a great deal of control over whether we keep our teeth into old age.

Wouldn't you rather be chewing with your own natural



Mother's Day Contest!

Ends April 29th

Submit: essay form, u-tube, or video clip.

Explain why your mother should receive free orthodontic treatment with braces from Bankhead and Firth Orthodontics. Dr. John R. Firth and his staff will choose one winner before Mother's Day. The winner will be able to present their mother with a great gift.....a new smile.

Email to info@bankheadandfirthortho.com (subject line Mother's Day Contest).

Ask any of our friendly staff members for additional information.

Meet one of our Staff!



Lisa

- Has been an assistant for 32 years. and worked for Dr. Firth for 8 years.
- Lisa is not only an assistant, she is our Clinical Coordinator.
- Lisa has 3 daughters Amanda (26), Heather (25), Courtney (18), and a one year old grandson Braden.
- Graduated from Oakville High School in 1978.