



Bankhead and Firth Orthodontics P.C.

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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. 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.

Remember at Bankhead and Firth Orthodontics we offer FREE new patient examinations. 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, retainers, night guards, etc.) 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, chewy, or 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 teeth?



Win an iPad Contest!

What do I need to do?

Make a 1 to 2 minute video commercial for Bankhead and Firth Orthodontics. Dr. John Firth would love to hear your testimonial and how you would encourage others to become his patients. Be as creative as you want!

Email your video to info@bankheadandfirthortho.com (subject line iPad Contest), or send or bring in a CD to one of our locations. Entries must be submitted on, or before July 29th.

Dr. Firth and his staff will pick one winner before the 2010-2011 school year begins!

Any questions feel free to ask our friendly staff!

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 Braydon.
- Graduated from Oakville High School in 1978.