

The Post Treatment Conference: An Appointment You Will Not Want to Miss

By Staff



The final appointment you will come to as part of your orthodontic treatment with Dr. Barrowes is called the Post Treatment Conference. At this appointment, Dr. Barrowes will sit down with you one on one and check your teeth to make sure your retainers are working properly and that your teeth are going to stay in their new and improved position. It is very important to catch any potential problems at the very beginning of the retention phase of treatment, because after the Post Treatment Conference we will only see you in our office twice more for retainer checks, and these appointments are usually six to twelve months apart. We've had patients who have had major relapse problems, which have caused them to need braces again, all of which would have been prevented had they not missed this crucial appointment.

At the Post Treatment Conference, Dr. Barrowes will also review your final x-rays with you, to make sure that your wisdom teeth are not going to cause any problems for your newly aligned teeth and perfected bite. In case of possible problems with wisdom teeth, he will help you decide the best time and place to take care of them. We work with some great oral surgeons in the area who will take good care of you and your wisdom teeth, and we would be happy to provide a referral and x-rays.

Definitely the most fun part of the Post Treatment Conference is seeing the before and after pictures, x-rays, and plaster models of your teeth. You will be amazed at how much your teeth have changed since you first started orthodontic treatment! Dr. Barrowes will give you a brief presentation, making sure you're satisfied with your results and aware of how to keep your smile and bite beautiful in the future.

Not only is it critical that the patient comes to this appointment, but it is important to have the parents there as well. We require that one parent be in attendance, but prefer to have both if possible. Discussing what to expect during the retention phase, detailing what should happen with wisdom teeth and when, and seeing the progress made during active treatment are all aspects of the Post Treatment Conference that parents won't want to miss. We are looking forward to seeing you then!

Guess Who? By Staff

Guess who on Dr. Barrowes' team:

- Has worked as a lab assistant, an orthodontic assistant, and a receptionist
- Can ride her bike practically anywhere she needs to go
- Will become a new mommy this spring
- Is Dr. Barrowes' daughter

Think you know? We think you do too! Smile extra big at her next time you come in!

Patient Spotlight By Staff



Marissa is a junior in high school who recently finished orthodontic treatment. Her favorite part of having braces, she says, is "getting them off!" She quickly adds, "It is so fun to have a perfect smile, and everybody notices. Plus they are so smooth."

Marissa has lived on a farm in West Mountain her whole life. She enjoys the country life, and it shows in her easy-going, friendly attitude. It makes sense, too, that her after-school job is as a tutor. She likes helping other students with their English and Math homework, and finishing her own homework or a good book in her down time.

For fun, Marissa loves to watch sports, especially volleyball and basketball. These are her favorites because she has also played them competitively in the past. She also plays piano, taking lessons from her older sister (how convenient!), and right now is beginning work on some classical pieces for festival.

Marissa's favorite color is green. Her favorite food is Chinese, and her favorite restaurant is Tsing Tao in Payson. If I could predict what her next fortune cookie would say, it would be something like this: "Your kind smile and warm personality will bring you many friends and much joy in life." We will miss Marissa in our office, and wish her the best!

History of Orthodontics

By Article Library

Oral hygiene and fixing teeth have been around for millennia. Researchers have found dental floss and toothpick grooves in the teeth of prehistoric humans, and archaeologists have discovered mummified remains with crude metal bands on individual teeth. They surmise that catgut was used on these ancient patients as brace "wires." But today's specialty of orthodontics is a recent invention.



History credits two men with being the most influential in the understanding of malocclusions - Norman W. Kingsley, who wrote "Treatise on Oral Deformities" in 1880, and dentist J. N. Farrar, who wrote "A Treatise on the Irregularities of the Teeth and Their Corrections". Dr. Farrar designed brace appliances, and he was the first to suggest the use of mild force at timed intervals to move teeth. However, it was not until the 1890s that orthodontics became the specialty that it is today.

Dr. Edward Angle, called the "Father of Modern Orthodontics," was the first to emphasize the importance of the way teeth fit and work together. He published a simple classification system that created a way for dentists to describe how crooked teeth are, what way teeth are pointing and how teeth fit together. In 1900, Angle and a few colleagues formed a group that was the basis of the American Association of Orthodontics. In 1901, he began the first school of orthodontics.

Technology began to rapidly advance the new science of orthodontics in the 1900s. In the 1940's, radiographs were used so the orthodontist could see how the bones of the face contributed to malocclusion. This technology allowed orthodontists to begin using the redirection of the growth of bones to straighten teeth. In the 1970's, surgical techniques were developed that allowed orthodontic corrections.

But the advances of the space and computer age make the treatments of just a few decades ago seem primitive. The grandparents, or even the parents, of today's patients wore braces so bulky and cumbersome that the term "tin grin" was used to describe them. The process of affixing these braces could take nearly a day, and the bands there were fitted around each tooth required forcing the teeth apart to put them in.

Today, brackets are bonded directly to the teeth and nickel-titanium, heat-activated, memory wires are used. There are colored braces, tooth colored braces, clear braces, even braces that aren't braces, but clear aligners. Today, orthodontic X-rays and photographs are digital and a computer helps to generate the treatment plan that will straighten a patient's teeth. A computer can even generate a picture of how the patient will look once his/her teeth are correctly aligned.

What would those ancient Egyptians, with their "wires" made of catgut have thought of today's braces? And what will the archaeologists of tomorrow think of our "advancements" a thousand years from now?

Contest Fun **By Staff**



Current Contest

Our current contest is for all you "guesstimators" out there. We have a Valentine's gift basket filled with candy and a lovely potted flowering plant. Whoever comes closest to guessing the number of pieces of candy in the basket will win the gift basket! Enter your official guess at your next appointment.

Contest Dates: January 13th - February 26th. Good luck!

Past Contest Results

Congratulations to Brooke Swapp, winner of last month's Puzzle Fun contest! She won by finding ALL 67 WORDS in the word search, and by finding her way through the "A-maze-ing Mouth" maze too! Since there were five others who also found all the words, we had to draw for the winner, and Brooke was the lucky Toys R Us Gift Card winner. The other five were also awarded a small prize. Thanks again for playing! Hope you had fun.

Congratulations also to Tanner Thurston, winner of our Mystery Photo Contest in November! He won by guessing 21 of 23 close-up cropped photos correctly! The theme of the mystery photos was "Around the Garage." Tanner must really know his garage paraphernalia. Thanks to all who participated; LOTS of you got 18 or more correct, and several of you got 20 correct answers. Thanks again for playing!