



SMILE...It's *Spring!*
Spring 2015



**HORNER • BARROW
ORTHODONTICS, PC**

KEVIN D. HORNER • DDS MS KERI A. BARROW • DDS MS

Produced for our patients and dental colleagues

Are you due or past due for your recall examination at Horner Barrow Orthodontics?
Call us today at 605.335.6680 or 1.866.633.6202 to schedule your No Cost recall examination. Remember that it is important for us to examine your child periodically to ensure that we provide your child with the **proper treatment at the proper time.**

2407 West 57th Street, Sioux Falls, SD 57108

All three of our children have had orthodontic treatment at Horner Barrow Orthodontics. We are more than satisfied with their results. From start to finish, we could not have asked for better care. The office is beautiful, designed well, and in a great location. The front desk staff is always friendly and welcoming. The doctors are easy to talk to and highly skilled. They spell out the treatment plan and always keep the patient and parents well-informed about what they are doing. The clinical staff is outstanding. It is obvious they enjoy their work and their attitude puts the patients at ease. The treatment coordinator spells out the cost of treatment and arranges a payment plan that fits your budget. From your first new patient appointment to your last retainer appointment, nowhere are you treated better than at Horner Barrow Orthodontics.

—Barry B. 7-2-14



7 Ways To Save Time And Effort With Braces

Here's a list of 7 things every orthodontic patient should do while wearing braces. Your teeth will look better. Your braces will come off sooner. These are good things!

1. See your dentist regularly. Every 3 to 4 months while in braces. Your teeth are not as clean as they were the day you got your braces. Even if you brush and floss regularly, you must see your dentist regularly.

2. Brush after every meal. Braces collect food and germs. But, did you know, it only takes 20 minutes for the bacteria in your mouth to start doing damage to your teeth after you have eaten a meal? Waiting to get home from school to brush is a bad idea.

3. Floss every day. This is a tricky one, but the most rewarding. Taking the time to floss every night will leave your gums fresh and healthy. There are many great tools to help you get the job done easily and properly. Look for them in the dental aisle of your pharmacy or grocery store.

4. Avoid sugary drinks. Even fruit juices contain a lot of sugar, but sodas and sports drinks are no-brainers to avoid. Keep it simple, stick to water, or brush after consuming sugary drinks.

5. Get an electric toothbrush. Truth be told, you can actually do a fine job cleaning your teeth with a manual toothbrush, but where's the fun in that? Electric toothbrushes have built-in timers and ultrasonic cleaning mechanisms that will provide a more thorough cleaning than your manual toothbrush.

6. Avoid broken brackets. The "average" patient breaks one bracket and finishes treatment on-time or early. Patients with broken brackets experience delays in treatment, poor results, or both. Think of braces on your teeth like a cast on your arm. If you broke the cast 12 times during the course of treatment, would you be surprised if the bone didn't heal perfectly? With proper care, it is possible to go through orthodontic treatment without a single broken bracket.

7. Wear your retainer. The best way to say "thanks" to your parents for getting you braces is to wear your retainer when you're finished with treatment. You'll have your teeth for the rest of your life; but teeth can shift, and when they do, your retainer will prevent them from going crooked and keep you from having to wear braces again.

The Fixed Herbst® Appliance

One of the most common problems orthodontists treat is the discrepancy that occurs when the upper teeth protrude beyond the lower teeth. Ordinarily, when we see a patient with the upper teeth protruding, we think that the upper jaw and teeth are too far forward; but, more often than not, this condition is due to a small lower jaw that is further back than it should be.



With these patients, we try to encourage the lower jaw to catch up in growth and the Fixed Herbst® Appliance helps us accomplish this. The Herbst® appliance is used in conjunction with full braces.



Photos show Herbst appliance used in conjunction with full braces.*

The Herbst® appliance is cemented to the upper first molars and the lower first bicuspids with stainless steel temporary crowns. A tube is attached to the upper member of the appliance and a rod is attached to the lower member. Even though the Herbst® appliance prevents the lower jaw from moving backward, opening and closing movement still occurs easily and patients usually do not have any problems learning to chew their food with the lower jaw in the forward position.

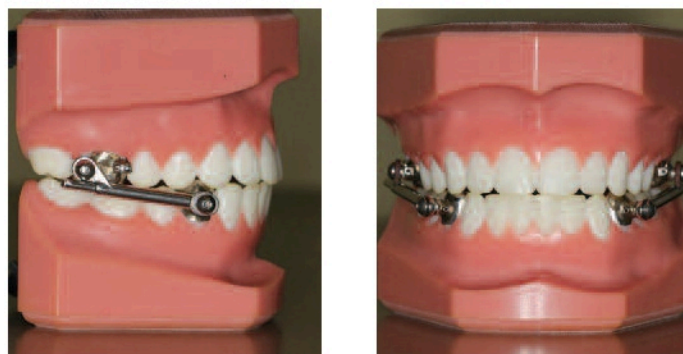
At first, your child's mouth will feel unusually full and speaking will be awkward. But if they practice reading out loud, their ordinary speech will return quickly. They may also notice more saliva than normal, but this will decrease as they become accustomed to the appliance.

The rod and tube may become disconnected if your child opens too wide. If this happens, they can open their mouth wide until they can slide the rod back into the tube. If this continues to occur, let us know at their adjustment appointment and we will place a longer rod in the lower member of the Herbst® appliance.



As with all kinds of braces, patients with a Herbst® appliance need to be careful about what they eat. For instance, sticky foods, such as caramels, bubble gum, and candy suckers can pull the brace away from the teeth. Hard foods, such as hard candies can also bend or loosen the Herbst® appliance.

The appliance will be checked and adjusted at each appointment. If your child develops sore areas inside their cheeks between appointments, do not try to adjust the appliance. Call for an appointment so we can take care of it for you. Patients normally wear the Herbst® appliance for 12 months.



**Herbst is a registered trademark of Dentaaurum, Inc.*



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Meet Dr. Kevin Horner...

Dr. Horner is a member of the American Dental Association and the South Dakota Dental Association. **He currently holds the office of President of the South Dakota Dental Association.**

He is also a member of the American Association of Orthodontists (AAO), the Midwestern Society of Orthodontists (MSO) and the South Dakota Society of Orthodontists.

He has been a director for Delta Dental of South Dakota and a director for the Midwestern Society of Orthodontists.

He has been the MSO representative on the AAO Council on Communication and is currently the MSO representative on the AAO Political Action Committee. Dr Horner is Board Certified and holds the title of Diplomate of the American Board of Orthodontics.



Visit our blog at blog.hornerbarrowortho.com



This feature of our website provides educational (*and fun*) information pertaining to life with braces or orthodontic appliances, because, at Horner Barrow Orthodontics, we want you to get the best possible results from your orthodontic care.

