

FAQ

Many people have questions about their orthodontic treatments. We invite you to review our FAQ page to find out more about orthodontics in Burke, Fairfax, Gainesville and Herndon, Virginia.

If you have further questions, please call Trü Orthodontics. We will be happy to answer your questions and help you make an appointment with our orthodontists, Dr. Sherif Elhady or Dr. Farnaz Younessian.

What Is The Cost Of Invisalign® Clear Aligners?

This is contingent on a number of factors, including the severity of your condition, what treatments you need, the methods used for your treatment and your insurance plan. Come to our office for a consultation to see what treatments you need and an estimate of what your care will cost.

How Frequently Should I Come Into The Office?

If you are in need of Invisalign treatment, the appointment schedule is flexible, and our team can set up appointments according to your convenience. In the case of traditional braces, the treatment schedule might vary, but you can typically expect to see us once every couple months (six to eight weeks) for adjustments and to check on the state of your braces.

Which Foods Should I Avoid During Orthodontic Treatment?

If you are an Invisalign patient, you will not need to change your diet for treatment, as the aligners can be removed when eating.

If you have traditional wire-and-bracket braces, it is recommended that you avoid the following during the course of your treatment:

- Very chewy foods like hard rolls, bagels, licorice and others.
- Hard and crunchy foods such as popcorn, nuts, hard pretzels and ice. It is also recommended in your daily life without braces that you avoid chewing ice, as it is likely to chip or crack teeth.
- Sticky foods and treats like caramel, gum, taffy and others.
- Overly sugary foods. Though this is typically recommended by oral health professionals in normal times, when braces are involved, it can have the added effect of causing uneven staining and decay, leading to unsightly white spots and other dental problems.
- Foods that require you to bite pieces off, like corn on the cob, apples and others. (If you can prepare these foods in such a way that they do not require you to bite into them and they are not otherwise harmful to your braces or teeth, it should be fine.)

Can Invisalign® Treatment Help In My Case?

Only an in-person consultation with our orthodontists and team can determine if Invisalign clear aligners are the correct option for an individual case. However, with advancements in Invisalign tech and methods happening all the time, and Dr. Sherif Elhady's goal to stay educated and

experienced, we are confident that most cases can be treated with Invisalign aligners. Give us a call today or fill out our inquiry form to schedule your consultation.

How Many Patients Have Chosen Invisalign® Aligners?

Worldwide, over 3 million people have had their teeth straightened with Invisalign treatments.

How Does The Invisalign® System Work?

After taking digital impressions of your teeth, our orthodontists and team create a virtual 3D simulation that gradually transitions from your current smile towards the ideal straightened version of your teeth. From this, a series of customized clear aligners are created that will gradually change shape to move your teeth into their ideal alignment. You will have your own customized treatment plan and change your aligners every two weeks as your teeth adjust.

Why Invisalign® Aligners?

For adults and teens who are concerned about the appearance and feel of traditional braces, the Invisalign system can allow you to get the care you need without the possibly obtrusive appearance and dietary restrictions of traditional braces. Invisalign aligners are clear and smooth, so they are both discrete and comfortable. They can also be removed while eating, allowing you to get orthodontic treatment without the need to change your current diet.

What Is Orthodontics?

Orthodontics is a field of dental specialty which focuses on diagnosing, preventing and treating dental and facial irregularities, usually those involving misaligned teeth and jaws. Orthodontists are dentists who have completed two to three years of additional specialty training in order to address these concerns and help patients straighten their teeth, correct misaligned jaws and resolve related problems.

When Should My Child Receive Their First Orthodontic Screening?

We, along with the American Association of Orthodontists, recommend that children receive their initial orthodontic screening by age 7. By this age, we will be able to determine if orthodontic treatment is needed, and, if so, when it should begin.

Am I Too Old For Orthodontic Treatment?

Never! In fact, more and more adults are seeking orthodontic treatment. While most patients receive orthodontic treatment as children or teenagers, you can receive treatment at any age as long as your teeth and supporting structures are healthy.

What Are My Treatment Options?

There are a variety of orthodontic treatments available, ranging from traditional metal braces to ceramic (clear) braces and clear aligners. Our orthodontists will discuss your treatment options with you to help you find the type of orthodontic treatment that will be most effective and work with your lifestyle.

How Do I Keep My Teeth Clean While Wearing Braces?

Keeping your teeth clean while wearing braces is an essential part of maintaining good oral health. We recommend that you:

- Brush three times a day, preferably after meals
- Clean around your brackets and wires thoroughly
- Floss daily — You may want to use a floss threader to floss between your braces
- Rinse your teeth after cleaning them
- Watch what you eat — Some foods can cause damage to braces and increase your risk of cavities

Our orthodontists and team will be happy to help you learn the best ways to brush and floss while wearing braces.

What Do I Do If I Have An Orthodontic Emergency?

If you have an orthodontic emergency, please contact our office as soon as possible. We will make arrangements for you to come in and receive the treatment or repairs to resolve the problem. Our team will also provide instructions on what to do until your appointment. Common orthodontic emergencies include loose brackets and bands, poking wires, wire irritation, lost separators and discomfort caused by your braces or other appliances.

What Is Headgear?

Orthodontic headgear is a type of oral appliance and is typically recommended to help properly position your teeth when braces alone cannot achieve the desired results. This headgear is usually worn for specific periods of time as directed by our orthodontists and may be attached to your braces to achieve proper jaw and teeth positioning.

How Long Will Treatment Take?

The length of your orthodontic treatment depends on the type of treatment you receive and how far your teeth will need to move. With advanced technologies and treatment techniques, orthodontic treatment can now be completed more quickly, comfortably and effectively than ever before. Our orthodontists will provide you with an estimate of your treatment length before you begin treatment.

Can An Orthodontist Help Me With Jaw Problems?

In some cases, yes. Our goal is to properly align your teeth and jaws so that you can enjoy a smile that is healthier, more functional and more attractive. Common orthodontic problems involving the jaws and bite include overbites, underbites, open bites and cross bites. We offer dentofacial orthopedics and other treatments to control and modify jaw growth and properly align your teeth and jaws.

I Feel Anxious Or Afraid When Visiting The Orthodontist. What Can I Do?

Please speak with our team. We will work with you to help you feel more comfortable in our office and help you come up with a strategy to reduce anxiety and fear. We want you to feel comfortable and will be happy to help you find a solution to manage your fear.