My Visit to
I have an appointment with Dr. Metz about my new braces! Dr. Metz is an orthodontist. Dr. Metz helps people have healthy teeth and nice smiles.

Dr. Metz does not fill cavities like my dentist, so no drilling! Dr. Metz is not the kind of doctor who listens to my heart beat and looks in my ear. I will not get a shot at Dr. Metz’s office.
When we arrive at the office, this is what it looks like from the outside.
Inside, we will meet Ms. Stacy, a very nice lady behind the front desk.
We will see a lot of pineapples. Why will we see pineapples? Dr. Metz chose the pineapple for his symbol because it is a symbol of hospitality.

I wonder how many different pineapples I will see?

Dr. Metz hopes we feel welcome at Metz Orthodontics. Pineapple is also his favorite food!
We will wait until it is time for my appointment. Maybe I will read a book or magazine.

We can watch the beautiful fish in the virtual aquarium.
We can sit here too...

Maybe we will do some homework here.
If I don’t have homework, or my homework is all done, maybe I can play video games. If other people are playing games, I can wait patiently until it is my turn.
When it is our turn, we will first take a tour of the office to see all the rooms and equipment, and learn about what will happen during our visit.

5 MINUTES
After the tour, we will go to the consultation room. I will sit in this chair.
Ms. Rita will take pictures of my mouth.

The camera is very big, and gets very close, but it will not touch me, and will not hurt. The **camera** will take pictures outside my mouth and inside my mouth. A cheek **retractor** will be put inside my mouth so the camera can take good pictures of all my teeth. There will be a **mirror** inside my mouth too.

15-20 MINUTES
I will wear a special vest for protection. It is very heavy. After the x-rays are all done, the vest will be taken off.

After the pictures are done, we will walk back to the x-ray room for different kind of pictures.
After the pictures and x-rays of my teeth are all done, we will go back to the first room or wait in the waiting room until the pictures are all ready.

15 MINUTES

Maybe mom or dad will talk to Dr. Metz and Ms. Denise for a few minutes. I can play video games or read a book quietly while they talk.
Records and impressions

20 MINUTES

METZ ORTHODONTICS
Time to get a model made of my teeth!

This powder makes a gooey paste that goes in my mouth to make the impression of my teeth.
After the model is made I will get another x-ray of my head from the side.
Putting on My Braces

35 to 40 MINUTES
Mom or dad can wait here. It is OK, we will all be in the same room!

Maybe I will sit in this chair, or maybe I will sit in another chair!
I will see Dr. Metz’s tools. They will look like this.

Dr. Metz can show me what these tools do. Some are for sucking water, some are for smoothing, and some will help him take my braces off when my teeth are all fixed.
Cheek retractor is very important to help keep my mouth dry while the braces are going on my teeth.
Special blue gel helps clean my teeth

Mr. Thirsty cleans off the blue gel.
Braces are glued on with a clear liquid.

This pretty blue light makes the glue get hard very fast!
Choosing my rubber band color. Rubber bands help hold the wires nice and tight!
Wires go through the braces to help make my teeth straight.

Putting on braces will not be painful, but putting in the wire might feel strange. Maybe my jaw muscles will be sore a day or two later. It will be OK. All the discomfort will go away soon.
After my braces are put on, the cheek retractor will be removed, then I will watch a video about taking care of my braces.

All done! I will come back every 6 to 8 weeks to adjust the wire and rubber bands.
Many weeks from now, when it is time for the braces to come off, maybe Dr. Metz will use the drill to remove the braces. The drill will not go into the teeth. It will not hurt.

Then Dr. Metz will smooth my teeth off with a special tool.
All done! Time to go home!

Thank you everybody at Metz Orthodontics for helping me have a great smile!