



ORTHODONTICS

Kids Orthodontic *Guide*

Orthodontic Assessment
From Age 7

Early Intervention

Invisalign First



Set your child's smile up for *success*

Give your child the best start in life by ensuring the health of their smile for years to come. At L&L Orthodontics, we are skilled at shaping young smiles, and are here to give you all the information you need to know about starting an orthodontic journey with your child.

Did you know

early intervention can help avoid future complications?

It is recommended that you bring your child for their first orthodontic consultation from the age of 7. While they might not need treatment at that time, our Specialist Orthodontists can monitor the growth of their smile and choose the opportune time for your child's treatment.

If misalignments are detected when a child's teeth and jaws are still developing, they can usually be corrected with minimal treatment. This can help prevent more serious misalignments in the future, and reduce the length and cost of their orthodontic treatment.



Signs your child could benefit from early *Orthodontic* treatment

We recommend all children come see us at an early age.
Here are tell-tale signs that your child might need orthodontic treatment:

Not all signs of orthodontic issues are visible or obvious - that's why it's important your child sees a Specialist Orthodontist.

- Crowded or crooked teeth
- Uneven spacing between teeth
- Protruding teeth
- Early or late loss of baby teeth
- Underbite or overbite
- Jaws and teeth that are disproportionate to the face
- Thumb sucking after the age of 6 years
- Difficulty chewing or biting
- Mouth breathing



Ensure a healthy, *happy* smile for life

Early orthodontic treatment is loaded with benefits. Not only will your child be proud to show off their smile, they will also be better protected against tooth decay and gingivitis. That's because straight teeth are much easier to clean. Straight teeth can also help chewing difficulties and correct your child's bite.

Phase I

Early treatment is designed to guide your child's jaw growth, create space for adult teeth, and correct developing bite issues while they're still growing.

Depending on their needs, we may use space maintainers to hold room for incoming teeth, habit appliances to stop thumb sucking, expanders to widen the upper jaw, or certain appliances like headgear to improve jaw alignment. In some cases, limited braces or removable appliances are recommended to address specific concerns early.

Early intervention helps simplify future treatment and sets the foundation for a healthy, confident smile.

Types of child *treatment*

Invisalign® First

Did you know that children can get Invisalign® treatment too? In fact, Invisalign® First is a special treatment designed just for children's growing smiles. Invisalign® are smooth, removable and can help make room for current and incoming teeth - without braces.

LightForce™ Braces

LightForce™ 3D braces are the only fully customised, 3D-printed bracket system in the world. L&L Orthodontics launched LightForce™ braces in Australia and New Zealand.

LightBracket Metal™

The world's first patient-specific, 3D-printed metal braces system. L&L Orthodontics is proud to be among the first providers in Australia to offer LightBracket Metal™.

Metal Braces

Tried, trusted, and effective - metal braces remain a popular choice for children who need reliable and comprehensive results. Today's brackets are smaller, smoother, and more comfortable than ever before.



The difference between braces and aligners

The best type of treatment for your child will vary based on their individual needs.

LightForce™ and LightBracket Metal™ braces are a cutting-edge option for straightening your child's smile. Thanks to 3D printing technology, each bracket is custom-made to perfectly fit their unique teeth. This not only makes them more comfortable to wear but can also lead to faster treatment times compared to traditional braces. LightForce™ braces blends with the colour of your child's teeth, which blends in beautifully with your child's smile. While both LightForce™ and Metal braces require careful cleaning, we'll provide you with easy-to-follow instructions to keep your child's smile sparkling throughout their treatment journey. Choosing braces is a big decision, but with L&L Orthodontics, you can be confident your child is getting the most advanced and comfortable care available.

Some children prefer to be treated with clear aligners. Aligners are smooth and comfortable, and can be taken out for regular meals and brushing and flossing, allowing your child the freedom to experience life to the fullest. They are also virtually invisible, a more discreet treatment option.

Best yet, we can pair your child's braces or aligner treatment with Dental Monitoring, which is our at-home monitoring app.

This means you need less visits to our practice as we can monitor your child's smile remotely from the comfort of your own home.

Lennox,
LightForce™ patient

Your child's *Orthodontic* journey at L&L Orthodontics

At L&L Orthodontics, there are only good days and GREAT days. Our passion and positivity make orthodontic treatment at our practice an enjoyable experience for your child.

Each child at our practice is given customised and unparralled care. Here is what you and your child can expect.

Initial consultation

The orthodontic journey will start with an initial consultation, so your child can get to know our friendly team and feel comfortable in our practice. We will answer any questions you or your child has so we can set everyone's mind at ease.

Our Treatment Coordinator will perform a gentle assessment of your child's smile with photos, digital 3D scan and x-rays as needed, and then one of our Specialist Orthodontists will sit down for a chat to determine the correct time for orthodontic treatment for your child.

At this point in time, your child might not need to start treatment. If that's the case, we can monitor the growth of their smile with check-up appointments every 6-12 months until we determine the opportune time to begin treatment.

With these goals in mind, and years of expertise, your child's specialist orthodontist will create a custom treatment plan to take them every step of the way to their new smile.



Starting Treatment

Fitting appointment

If your child is getting fitted for LightForce™ braces, we will clean and dry the teeth before attaching brackets to the teeth with a special adhesive. We will place a metal archwire and attach them to the brackets with small rubber bands called modules.

If your child is getting fitted for clear aligners, we will first clean and dry the teeth and then fit the attachments. Attachments act like a handle to help guide the teeth into the precise positions. They are small tooth coloured bumps with precise shapes glued to the teeth. We will then show your child how to use their clear aligners.

For both braces and clear aligners, we will set you and your child up on the Dental Monitoring app. With this, we can monitor and guide their treatment in ways that have not previously been available with traditional orthodontics.

Your child may experience a little discomfort in the days following fitting as their teeth and gums adjust to their braces or clear aligners. This is normal- and temporary – and can be managed with a pain relief tablet.

Adjustment appointment

Whether your child has braces, we will monitor their progress through the Dental Monitoring app. The dental monitoring app uses AI technology to help the Orthodontist determine when the braces are ready to be adjusted. Generally most of the monitoring can be done remotely avoiding taking them out of school for orthodontic appointments.

Should you have any concerns throughout your treatment, we are always happy to see you in person to help keep everything on track.

The retention phase

After your child's appliance is removed and we reveal their beautiful new smile...the retention phase begins!

This helps your child to keep the results they worked so hard for. We will fit your child with custom retainers and instruct them on the proper wear and care so they can enjoy their confident smile for life.

Our *top tips* for treatment

1. Be mindful with food

Sticky and hard foods can dislodge your child's braces - but that doesn't mean they can't enjoy their favourite foods! When in doubt, cut hard fruits, vegetables and sandwiches into bite sized pieces so your child can still enjoy them during treatment. If your child is undergoing aligner treatment, they can eat whatever they'd like - so long as they remove their aligners before eating.

2. Keep those teeth CLEAN

It's important for your child to brush their teeth twice a day to keep their teeth healthy.

3. Floss, floss, FLOSS!

At their fitting appointment, we'll show you and your child how to floss correctly - regardless of what orthodontic appliance they have. It is entirely possible to floss with braces. Our team will show your child exactly what to do.

4. Follow your specialist orthodontist's wear instructions

Wearing elastics, aligners or retainers exactly as instructed will help your child see their smile results as quickly as possible.

5. Keep your regular dental appointments

Having clean teeth is more important than ever during orthodontic treatment, as fixed appliances can provide extra places for plaque to hide. We highly recommend you continue to visit your dentist every six months to check in on the health of your child's smile.

6. Don't skip appointments!

Missing an orthodontic check-up can really push back your child's treatment time, and no one wants that!

7. Remember to upload your weekly Dental Monitoring scan

Keeping up to date with your Dental Monitoring scans will help our team keep track of your treatment progress in between appointments.

8. Alert us of any issues right away

If your child has any issues with their appliance, please contact us as soon as possible so we can get them back on track to a straighter smile.

About L&L Orthodontics

Innovation is at the heart of everything we do at L&L Orthodontics. This fully custom, 3D-printed braces system is designed for a more precise and comfortable fit, tailored specifically to each patient.

We believe your treatment should fit your lifestyle, not the other way around.

Our team of specialist orthodontists will recommend the treatment that best suits you.

We also offer traditional metal braces and clear aligners for our patients.

Meet Our Specialist Orthodontists



Dr. Sama Junaid

DDS, MFD RCS (IRE), MCLinDent Orth (UCL), MOrth RCS (Ed)

Dr. Sarah Lawrence

BDS (Otago), MDSc (Melbourne)

Dr. Igor Lavrin

BDS (Adelaide), MMSc (Harvard)

Dr. Sarah Louise Roath

BSc (Melbourne), DDS (Melbourne), DCD (Melbourne)

Dr Laura Chen

BDSc (Hons) Queensland, DCD

[Learn More](#)

Get Started and Book an Orthodontic Consultation



Start Your Journey Today

Whether you're just curious or ready to go, your new smile is only a few clicks away. Book a consultation **here**.

Prefer To Chat First?

Give our friendly team a call on 03 9846 3811 - we're always happy to answer your questions and help you take the first step toward a healthier, straighter smile.

Consultation required to assess eligibility

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ORTHODONTICS

CELEBRATING

25 years
EST. 2000