

# CRANE & SEAGER ORTHODONTICS

FOR CHILDREN & ADULTS

# MEET THE DOCTORS



## MARK D. CRANE

DDS-MS

Dr. Mark Crane grew up in the San Joaquin Valley of Central California in the small town of Visalia. He completed his undergraduate work, attaining his Bachelor of Arts degree in 1996. He attended UCLA School of Dentistry where he graduated Summa Cum Laude with a Doctorate of Dental Surgery degree in 2000. In July of 2000, he began his post-graduate residency in orthodontics at Virginia Commonwealth University in Richmond, Virginia. Dr. Crane completed his training in conjunction with receiving a Master of Science degree in June of 2002.

Dr. Crane's careful selection of universities and residency training provided him with extensive knowledge of the latest technology in orthodontic procedures. Such techniques include digital imaging, digital diagnosis, as well as treatment planning, growth, and surgical predictions. In addition to his clinical accomplishments, Dr. Crane is also fluent in Portuguese.

He is a Diplomate of the American Board of Orthodontics and a member of the American Association of Orthodontists, Colorado Dental Association and the Invisalign® Study Club. He serves on the University of Colorado Health Cleft Palate Team.

Dr. Crane married Cosette Renee Doxey in 1994. They have six children. In search of the perfect place to practice orthodontics, the Cranes fell in love with the Fort Collins community. The Crane family enjoys outdoor activities and the natural setting of the community. In his free time, Dr. Crane likes golfing, playing basketball, mountain biking, and skiing. Dr. Crane and his family enjoy traveling for pleasure as well as service. Every two years he travels to Guatemala to do dental work.

## CRAIG SEAGER

DDS-MSD

Dr. Craig Seager grew up in the towns of Houston, Texas and Denver, Colorado. He went to Brigham Young University where he completed his Bachelor of Science degree in 2003. He then attended the University of Texas Health Science Center in San Antonio where he received his Doctorate of Dental Surgery degree in 2007, graduating Summa Cum Laude and with a Distinction in Research. While at the University of Texas, he was elected for and served two years as the president of the Health Science Center's Student Government Association.

In the summer of 2007, Dr. Seager began his residency in orthodontics at the University of Texas Health Science Center in Houston where he earned his Master of Science degree in Dentistry. During his residency, Dr. Seager received extensive training in both adolescent and adult orthodontic diagnosis and treatment. Other areas of his training have included Invisalign, 3D imaging, growth analysis, and TMJ therapy.

Dr. Seager is a Diplomate of the American Board of Orthodontics and is an active member of the American Association of Orthodontics and the Colorado Dental Association. He currently serves on the Executive Committee of the Larimer County Dental Society.

In 2001, Dr. Seager married his wife, Melissa, and they now have three beautiful daughters. After enjoying his childhood growing up in the Denver area, Dr. Seager always knew that he wanted to live and practice in Colorado. As the Seager family searched for the best place to raise a family, Northern Colorado was the perfect fit with family-centered communities and outdoor recreation. Dr. Seager enjoys skiing, golf, running, fly-fishing, and camping with his wife and daughters.



# TESTIMONIAL

“They are so wonderful! They made my son very comfortable and made sure he understood every step! They also graciously support our community!”  
– Wanda, Fort Collins

“Every time I visit Crane & Seager Orthodontics I am so impressed! The office is comfortable and fun. The doctors and staff are friendly and always make my daughter smile. Plus, its affordable too! Thanks for the great experience!”  
– Meg, Loveland

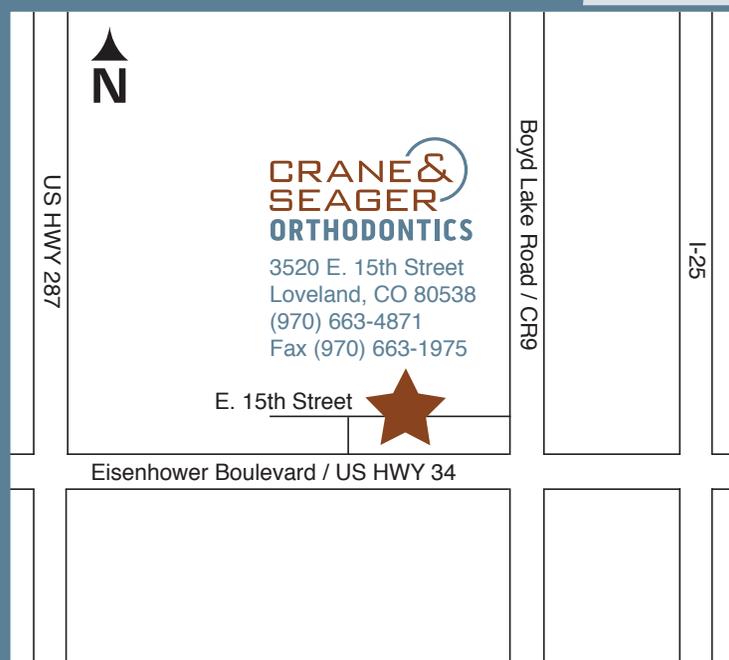
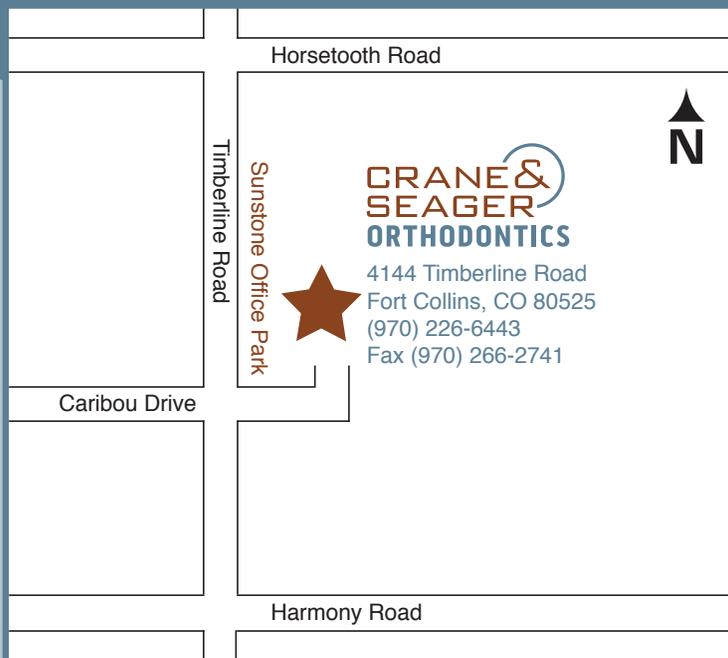
“Three members of my family are current patients, and we couldn’t be happier. Dr. Crane and Dr. Seager are some of the top Drs out there. They take the time for each of us, and answer any and all questions we might have. It really shows that they care, and we always leave their office with a smile. Plus, their staff is amazing, and so friendly and helpful! A+++”  
– Tori, Fort Collins



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# MAPS



#### **AT WHAT AGE SHOULD I SCHEDULE AN APPOINTMENT FOR AN ORTHODONTIC SCREENING?**

The American Association of Orthodontists recommends an orthodontic screening at age 7. By this age, several permanent teeth in most children have erupted, allowing us to effectively evaluate your orthodontic condition.

#### **WILL MY TEETH STRAIGHTEN OUT AS THEY GROW?**

No, they will not. The space available for the front teeth does not increase as you grow. In most people, after the permanent molars erupt, the space available for the front teeth decreases with age.

#### **WHAT WILL HAPPEN AT THE INITIAL EXAMINATION APPOINTMENT?**

Upon arriving, each patient and parent will be seen by the staff and doctor who will acclimate you to our office and prepare for the initial exam. We will take the necessary photographs and X-rays to allow us to make a proper diagnosis. The doctor will then complete a brief, but thorough, exam.

#### **HOW LONG WILL IT TAKE TO COMPLETE TREATMENT?**

Treatment time obviously depends on each patient's specific orthodontic problem. In general, treatment times range from 12 to 30 months. The "average" time frame a person is in braces is approximately 22 months.

#### **HOW OFTEN WILL I HAVE APPOINTMENTS?**

Appointments are scheduled according to each patient's needs. Most patients in braces will be seen every five to 10 weeks. If there are specific situations that require more frequent monitoring, we will schedule appointments accordingly.

#### **DO BRACES HURT?**

Generally, braces do not "hurt." After certain visits, teeth may be sore for a few days. In these situations, pain medications such as Advil or Tylenol will ease the discomfort. However, after most visits, patients do not feel any soreness at all! We often remind our patients, "It does not have to hurt to work!"

#### **DO I NEED TO SEE MY FAMILY DENTIST WHILE IN BRACES?**

Yes! Regular checkups with your family dentist are important while in braces. Your family dentist will determine the intervals between cleaning appointments while you are in braces.

#### **ARE THERE FOODS I CANNOT EAT WHILE I HAVE BRACES?**

Yes. Once treatment begins, we will explain the complete instructions and provide a comprehensive list of foods to avoid. Some of those foods include: ice, hard candy, raw vegetables and all sticky foods (i.e. caramel and taffy). You can avoid most emergency appointments to repair broken or damaged braces by carefully following our instructions.

#### **HOW OFTEN SHOULD I BRUSH MY TEETH WHILE IN BRACES?**

Patients should brush their teeth at least four times each day - after each meal and before going to bed. We will show each patient how to floss their teeth with braces and may also provide a prescription for a special fluoride, if necessary.

#### **WHAT IS PHASE ONE (EARLY) TREATMENT?**

Phase One treatment, if necessary, is usually initiated on children between the ages of 7 and 10. Phase One treatment lasts about 12-21 months. The primary objective for Phase One treatment is to address significant problems to prevent them from becoming more severe and to improve self-esteem and self-image.

#### **WILL MY CHILD NEED FULL BRACES IF HE/SHE HAS PHASE ONE TREATMENT?**

It is best to assume that your child will need full braces even after Phase One treatment. The period following Phase One treatment is called the "resting period," during which growth and tooth eruption are closely monitored. Throughout this period, parents and patients will be kept informed of future treatment recommendations.

#### **WHAT HAPPENS IF I AM BECOME ELIGIBLE FOR ORTHODONTIC INSURANCE AFTER TREATMENT STARTS?**

You must first check with your HR department to make sure that the coverage accepts treatment in progress and that there is no waiting period. If there are no restrictions, contact our office to have a claim filed.

#### **WHAT WILL I LEARN FROM THE INITIAL EXAMINATION?**

There are five essential questions that we will cover during the initial examination:  
Is there an orthodontic problem, and if so, what is it?  
What must be done to correct the problem?  
Will any teeth need to be removed?  
How long will the treatment take to complete?  
How much will the treatment cost?

#### **CAN I STILL PLAY SPORTS?**

Yes. We recommend a mouth guard for all sports.

#### **IS IT TOO LATE TO HAVE BRACES IF I AM ALREADY AN ADULT?**

A surprising percentage of our patients are adults. In fact, 25 percent of all orthodontic patients are adults. Health, happiness and self-esteem are vitally important to adults. No patient is "too old" to wear braces!

## We Proudly SUPPORT

WHERE BUSINESS, COMMUNITY  
& SERVICE COME TOGETHER

The mission of Realities For Children is to provide for the unmet needs of children who have been abused, neglected or are at-risk by uniting local businesses, youth agencies and the community in collaborative and mutually beneficial service.

Crane & Seager Orthodontics believes it is important to contribute to local organizations that make a meaningful impact in the lives of children. As a Business Member, we have had the privilege of supporting the tremendous work of Realities For Children for many years. Together we can make a difference in the community we are proud to call home.



**Crane & Seager  
Orthodontics  
is also proud  
to support  
the following  
organizations  
and many more...**

- Project Smile
- Respite Care
- Poetry Cafe
- Run For Hope
- Loveland Titans
- Hearts & Horses
- Run For Orphans
- Scholastic Book Fairs
- Pars with a Purpose
- Boy Scouts of America
- Fossil Ridge Dance Team
- New Vision Charter School
- Power Ally Baseball Team
- Bethke Final Countdown 5K
- Centennial Children's Chorus
- Miss Colorado Scholarship Fund
- Tigres Fort Collins Futsal League
- Fort Collins Unified Lacrosse Vipers
- Team Fort Collins Simply RED Gala
- Resurrection Christian School Hockey
- Loveland High School Football Mouth Guards
- Rocky Mountain High School Boys Basketball
- Rocky Mountain High School Girls Basketball
- Mountain View High School Football Mouth Guards
- Thompson Valley High School Football Mouth Guards
- Rocky Mountain High School Football Mouth Guards

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# INVISALIGN

 invisalign® the clear alternative to braces



## HOW DOES INVISALIGN WORK?

Invisalign uses 3-D computer imaging technology to map the complete treatment from start to finish. From this plan, a series of custom-made aligners unique to your treatment is produced. Each aligner is worn for about two weeks, and is then replaced by the next aligner. Gradually, the teeth move toward their final position.



## HOW IS INVISALIGN UNIQUE?

Invisalign is virtually invisible, comfortable to wear and easy to live with. Because the aligners are removable, you can continue to eat your favorite foods.

