



Who Can Benefit from Orthodontics?

In the past generations, crooked or misaligned teeth were common. Many people used to hold their hand in front of their mouth when they talked or smiled. This added to a loss of confidence and even prevented some people from pursuing a career in acting or singing! Fortunately, in the 1940's, a new specialty in dentistry was emerging. It was called "Orthodontics".

Orthodontic treatment can correct improper bites that might wear down teeth. It can help correct temporal mandibular joint disorders (TMJ) that can cause severe headaches. The greatest contribution orthodontics has made is to millions of people's self-confidence and esteem. A beautiful smile is always attractive and inviting. Most people do not realize the role orthodontics has in creating a healthy mouth. When teeth are straight it is easier to clean them, thus maintaining healthy gums and helping to eliminate decay.

Who should consider orthodontics?

In the past, most orthodontic patients were teenagers. They are most concerned about their appearance and sought out treatment. In this day and age, many adults seek orthodontic treatment and are very happy with the results. Adult bone is denser so it may take a little longer to complete treatment. Many adults opt for the invisible braces, such as invisalign, to avoid having brackets and wires on their teeth. Younger children are also treated to prevent problems and to maintain spaces for adult teeth to erupt in proper alignment. It's a good idea to ask your dentist about early intervention orthodontics if your child's first few adult teeth seem out of place. Many problems can be avoided by early treatment.

What should you know before accepting Orthodontic treatment?

It is difficult to clean around brackets and wires. It is important that you be very committed to spending time each day to thoroughly floss and brush. An electric toothbrush is recommended and your dental hygienist will demonstrate special techniques to floss around the wires. There are also special small cone shaped brushes to help you complete your daily routine. If not properly cared for, you can easily develop gum disease while in orthodontic treatment. You are also at higher risk for tooth decay during this process. The length of treatment for most people is from eighteen months to two years.