



THE BENEFITS OF ORTHODONTIC TREATMENT

Know your options.

Everyone deserves straight teeth and a comfortable bite.

That's why it's important to see an orthodontist¹ or dentist if you or your child has any of these symptoms:

- › Difficulty chewing or biting
- › Crowded, misplaced or blocked-out teeth
- › Jaws that shift, make sounds, protrude or are recessed
- › Biting the cheek or into the roof of the mouth
- › Protruding teeth
- › Facial imbalance (out of proportion to the rest of the face)
- › Teeth grinding or clenching
- › Can't comfortably close lips



Orthodontic treatment may be provided by your dentist or an orthodontist. It will depend on the orthodontic experience of your dentist and the severity of your case.²

How do braces work?

Traditional braces realign teeth by applying pressure. They usually are made of small brackets cemented to your teeth, connected by a wire. It's tightened over time by your dentist or orthodontist to gradually shift your teeth and jaw. The brackets may be metal or tooth

colored. Sometimes they are placed behind your teeth. Removable aligners are another option for treating orthodontic problems.³

How do "invisible" aligners work?

Aligners are a series of tight-fitting custom-made retainers that slip over the teeth. If you get the clear aligners, you'll be fitted for several versions that make slight adjustments to move your teeth over the treatment time. They're made from a clear plastic or acrylic material and fit tightly over the teeth, but can be removed for eating, brushing, and flossing. You'll get a new aligner every few weeks to continue moving the teeth into the desired position.

Clear (or "invisible") aligners aren't for everyone. Your orthodontist or dentist will help you decide what's best for you. Because the invisible aligners are custom-built for a tight fit, they are best for adults or teens.⁴

What happens if you don't correct your bite?

If you don't correct an abnormal bite, it could lead to further oral health problems, such as:³

- › Tooth decay
- › Gum disease
- › Tooth loss
- › Affected speech and/or chewing
- › Abnormal wear to tooth enamel and jaw problems

Together, all the way.®



Here are some myths about orthodontic treatment.²

- 1. It is expensive.** They customize their patients' treatment plans, so their fees directly reflect the complexity of each case. Simple cases may take only months to treat, while very difficult ones may take a couple of years.
- 2. Office visits are not necessary to get straight teeth.** Treatments need to be closely monitored to ensure that your plan stays on course. Today's technology allows patients to go as long as 8 to 10 weeks between appointments.
- 3. It takes several years.** Orthodontic treatment requires careful, controlled movements of the teeth to ensure they are moving into proper positions. Simple cases may only take a few months to treat, while the most complex cases could take longer.
- 4. It is purely cosmetic.** An improved appearance is the most obvious result. But when teeth and jaws are in alignment, it means function (biting, chewing, and speaking) is improved, too.
- 5. Orthodontists and dentists only offer metal braces.** They also offer fixed or removable braces and clear options too.
- 6. It is just for kids.** Adults can benefit from orthodontic treatment too. A healthy, beautiful smile is right for any age.



1. American Academy of Orthodontists, "Why You Should Get Orthodontic Treatment", Accessed March 1, 2018, <https://www.aaoinfo.org/why-you-should-get-orthodontic-treatment#investment>

2. American Academy Of Orthodontists, "7 Myths of Orthodontic Treatment", Accessed March 1, 2018, <https://www.aaoinfo.org/blog/post/7-myths-about-orthodontic-treatment>

3. American Dental Association. "Braces". Accessed March 19, 2018, <https://www.mouthhealthy.org/en/az-topics/b/braces>

4. WebMD. "Invisible Aligners for Teeth". September 2015, <https://www.webmd.com/oral-health/guide/invisible-orthodontic-aligners#1>

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