

## ORTHODONTICS

### *A stitch in time saves nine !!*

Orthodontics is a specialised area of dentistry that involves the treatment of dental and facial irregularities. It is the science of assessing, diagnosing and treating crooked teeth, jaw discrepancies, facial profile and form.

- Are your teeth crooked?
- Do you have gaps between your teeth?
- Are your teeth crowded?
- Do you have protruding teeth?
- Do you have a deep overbite (front upper teeth overlap lower teeth too much vertically) or an open bite.
- Do you have difficulty chewing food?



The correction of an orthodontic problem can be undertaken at any age. Braces for the longest time were only considered for children and teens. That has changed, and more adults than ever have decided to join the movement to enhance their smile and protect their teeth.

The main aim of orthodontic treatment is to straighten misaligned teeth. This will improve your appearance, confidence and self esteem. Not only will your teeth look great but also will be healthier!

#### **Q. At what age should a child have an orthodontic examination?**

A. Age 7-9, unless you suspect a problem at an earlier age, because most facial asymmetries are likely to be apparent by that time. Early diagnosis and treatment can guide erupting teeth into a more favorable position, preserve space for the permanent teeth and reduce the likelihood of fracturing protruded front teeth. Also, early treatment may shorten treatment time, make treatment easier and in some cases less

expensive. For others, the principle benefit is peace of mind.

#### **Q. Is orthodontic care expensive?**

A. Orthodontic therapy may eliminate the need for other medical and dental treatment. The physical and psychological benefits usually last a lifetime, which makes orthodontics one of the best investments in healthcare and quality of life.

#### **Q. What is the psychological impact of early treatment?**

A. Appearance has been related to popularity, social behaviors, self-expectation, personality style, and self-esteem. Orthodontic therapy may lessen the likelihood that a child will be picked on by other children. Treatment may reduce appearance-consciousness and the emotional scarring that can occur during critical developmental years. Also, as adolescents enter the sensitive teenage years, they become far less receptive to orthodontic therapy.

Most commonly used types of braces are -

Metal braces are very popular, made of high grade stainless steel. Metal braces are small, comfortable, and work very well.

Ceramic braces are made of translucent (clear) high quality ceramic material. If you do not wish for metal braces because of their appearance then ceramic braces are for you as they are cosmetically much better.



For comprehensive dental care solutions, contact:

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*Keep the sparkle  
in your smile*

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