



Orthodontic treatment:

Orthodontic treatment (usually with braces) is most often used to improve the appearance and alignment of crooked, protruding or crowded teeth, and to correct problems with the bite of the teeth.

Benefits of orthodontic treatment:

- Correction of dental crowding and straightening of your teeth
- Correction of your bite so the front and back teeth meet evenly
- Reducing the chance of damage to prominent teeth
- Facilitates oral hygiene
- Better long-term health of teeth and gums



Types of orthodontic treatment:

- Fixed braces: a brace that cannot be removed which is made up of brackets that are glued to the front of each tooth and linked with wires
- Removable braces: usually plastic plates that cover the roof of the mouth and clip on to some teeth; to achieve very limited tooth movements
- Functional appliances: usually a pair of removable plastic braces that are joined together or designed to interact together and fit on to both the upper and lower teeth
- Headgear: this is not an orthodontic appliance, but it can be used with other appliances and is usually worn at night.
- Retainers: they are used at the end of a course of orthodontic treatment. They hold straightened teeth in place while the surrounding gum and bone adjusts to their new position. Retainers can either be removable or fixed.

There are other types of braces available privately, such as aligners, or invisible or lingual braces that fit onto the back of the teeth.

You'll need to talk to your orthodontist to see whether they can be used for your problem. The cost of these braces is usually higher.



How to know if you need braces:

- Teeth that are obviously crooked or crowded
- Difficulty flossing between and brushing around crowded teeth
- Frequently biting your tongue or cutting your tongue on your teeth
- Teeth that don't close over each other properly when your mouth is at rest
- Difficulty pronouncing certain sounds due to your tongue's position under your teeth
- Jaws that click or make noises when you chew or first wake up
- Stress or fatigue on your jawline after chewing food

