



## WHY HAVE ORTHODONTIC TREATMENT AS AN ADULT?

More and more adults are seeking an improvement in their appearance, and enjoying the dental and other health benefits orthodontic treatment can provide.

Modern society is now more and more conscious of appearance, and there is a greater general desire to look and feel as best as you can. Newer orthodontic treatments have also become more comfortable and affordable. There are now many different types of orthodontic treatment options that are aesthetic, without needing to involve traditional metal braces.

You can receive orthodontic treatment at any age, with some people in their sixties and seventies asking about orthodontic treatment!

Some adults want to correct a malalignment of their teeth that has been there since childhood. Others wish to correct some malalignment that has occurred more recently. It has been proven fact that teeth constantly move throughout life, and occurs as part of the natural aging process.

Other adults undergo limited orthodontic treatment to assist their dentist with more complicated dental work, to move one or more teeth, closing, or opening gaps for implant placement. Some adults have more extensive treatment to correct underlying jaw growth imbalance and alignment problems, to achieve a great smile and bite.

## WHAT TYPE OF AESTHETIC APPLIANCES ARE AVAILABLE?

Orthodontists can now treat many patients with a series of comfortable, clear, removable, custom formed removable plates (e.g. Invisalign). Invisalign is suitable to treat simple minor cases of malocclusion well. However, it is not suitable for all cases. Often, it cannot achieve the same degree of accuracy as treatment with braces, and therefore patients may need to accept a compromise in the achieved result.

Other aesthetic braces options for treatment are divided into ceramic braces and lingual (inside) braces. Ceramic braces are less visible than traditional metal braces, and can be an excellent, effective, aesthetic appliance to achieve the ideal result. Lingual (inside) braces are almost unnoticeable because they are stuck on the back of the teeth and not normally visible when smiling. Lingual braces are custom made, and tend to require longer appointment times for adjusting.

## DOES IT HURT ?

In brief, adult orthodontic treatment does not cause any more discomfort compared to orthodontic treatment in a teenager. For most of the orthodontic treatment, there is generally no pain.

The first few days of having an orthodontic appliance will cause some irritation and soreness to the mouth. The soreness and irritation soon disappears as you become accustomed to them. You may require a mild analgesic such as Panadol or Nurofen for a couple of days. You may also experience some milder discomfort at various stages of orthodontic treatment as the appliances are adjusted. This rarely lasts for longer than a day, and also rarely requires any oral analgesics. We will forewarn you of any possible discomfort you may experience.

## ORAL HYGIENE WITH ORTHODONTIC TREATMENT

Orthodontic appliances in the mouth will accumulate more dental plaque and will require meticulous and thorough oral hygiene and cleaning. It is important that you continue to see your dentist for regular dental check-ups throughout any period of orthodontic care.

## SHOULD I CONSIDER TREATMENT?

An initial examination visit with us will provide you with a comprehensive answer to this question. After listening to your concerns, we will examine your teeth and smile, explain your situation and the broad treatment options you have, as well as answer your questions. To make a definitive diagnosis and recommend the best treatment option for you, we may have to gather some additional records. These records include photographs, impressions (moulds of your teeth) and radiographs (X-rays).

## WHAT ARE THE BENEFITS?

The obvious benefits of orthodontic treatment are an improved and beautiful smile, and an increased in self-confidence. Other benefits also include making it easier to maintain good tooth brushing and oral hygiene, reduce risk of dental decay, reduce risk of gum disease, and reduce heavy or unusual wear on teeth.

Orthodontics can also help the dentist to give you the best possible result for both function and appearance.

## NATURE OF THIS INFORMATION

This brochure provides general background information and is therefore not comprehensive. Everyone is unique and the extent to which this information may apply to you, your child, or anyone else varies. To obtain complete information regarding your specific circumstances, you should seek the advice of your dental professional.