



Pronova Dentistry Manuals
Orthodontics

How can I correct tooth malposition?

CLÍNICA PRONOVA

There are many doubts that can arise when starting an orthodontic treatment, and therefore, we want to offer clear answers to all these questions through this dentistry manual.

1. What is orthodontics?	4
2. What are the benefits of orthodontics?	4
3. How can I know whether I need braces?	5
4. At what age can I do an orthodontic treatment?	6
5. What are orthodontic appliances?	7
6. Can I live a normal life wearing braces?	8
7. How long does an orthodontic treatment take?	9
8. Can I get an orthodontic treatment if I have gum disease?	10
9. What is the price of one orthodontic treatment?	11
10. What precautions should I take once the treatment is finished?	12

1 What is orthodontics?

Orthodontics is a specialty dentistry field responsible for the **alignment of teeth and jaws** with the intention of improving dentofacial aesthetics, correcting chewing function and chewing efficacy, facilitating oral hygiene and optimizing the placement of dental prostheses.

2 What are the benefits of orthodontics?

Orthodontics offers **important benefits** in several aspects of oral health. First of all, after correcting the placement of the teeth, **dental brushing is more comfortable and effective**, which reduces the risk of gum diseases and tooth decay.

Secondly, aligning the teeth **improves the bite**, which allows teeth to fit together more precisely and therefore it decreases tooth wear and tear. The chewing function of the teeth becomes more effective, making the patient feel much more comfortable when biting.

Orthodontics also **prevents problems in the temporomandibular joint disorders**, which is what assists the movement of the jaw during chewing. Finally, an orthodontic treatment will help improve **your image and your self-esteem** since the teeth will look more attractive.



3 How do I know whether I need braces or not?

Orthodontic treatment can be indicated to a large number of people, as there is often a certain degree of misaligned teeth in the mouth. The **most frequent indications** include: separated teeth, crowded teeth, crossbite, open bite, overbite or deep bite, extruded and intruded teeth and rotated teeth.

4 At what age can I do an orthodontic treatment?

Currently, 30% of patients choosing orthodontic treatment are adults. More and more adults start the treatment for several reasons: health, chewing issues or the desire to get the smile they always wanted. With the new developments there are different techniques, more or less visible, that adapt to each case. Indeed, **there is no certain age to start an orthodontic treatment** as long as the gum is healthy.



5 What are orthodontic appliances?

In the last decade, the techniques and materials used in orthodontic treatment have improved significantly. Now, they are **more aesthetic, more effective and above all more comfortable**, allowing to choose between several options:

- **Ceramic transparent braces:** classic orthodontic appliances, the most demanded for its excellent quality-price ratio.
- **Braces behind the teeth (INCOGNITO®):** the orthodontic appliances are placed on the inside of the teeth. They are gold braces custom made for each tooth. It is an invisible orthodontics that achieves very good results.
- **Transparent removable aligners (INVISALIGN®):** very comfortable, aesthetic transparent splints are used, which are not very visible and can be removed from the teeth, which facilitates dental hygiene.

In general, adult patients tend to be more interested in the less visible devices such as **INCOGNITO®** and **INVISALIGN®** while among children a more conventional approach such as braces prevails.

6 Can I live a normal life with braces?

During the orthodontic treatment for adults **you can lead a completely normal life.** Neither the braces nor the splints produce alterations in speech, although sometimes it takes a couple of days to get used to them. If any part of the mouth is irritated, the part of the apparatus that causes the irritation must be covered with wax, cotton or any substance that softens it.

In the case of wearing braces we recommend avoiding very hard, fibrous or elastic foods, such as chewing gum, candy, pipes, corn, hard crust bread, fruit and hard vegetables, since they could break the device. Avoid hard-crust sandwiches, you can choose Vienna type bread instead. We also suggest that you break/cut food into pieces before putting it in your mouth. The brushing for this type of equipment is a little more laborious, due to the presence of the bow and the braces, but after a few first weeks and with the appropriate professional help you can get it done properly.

In the case of aligners or INVISALIGN®, the comfort of the treatment is greater with respect to the braces, since they can be extracted from the mouth by the patient himself thus facilitating the ability to chew any type of food and to brush teeth in a more effective and easier way.

7 How long does an orthodontic treatment take?

The duration of an **orthodontic treatment** for adults varies depending on the severity of the dental malocclusion. In very mild cases, the alignment of teeth may require between 4-9 months. In more severe cases, the treatment can last 2-3 years.

The duration of an **orthodontic treatment for children** has more variability. It is recommended that children go to their first orthodontic consultation at the age of 6. In this first consultation, the position of the teeth, their bite, the growth of their bones and the replacement of the teeth are normally evaluated.

After this evaluation it is possible to recommend an interceptive or functional orthodontic treatment that usually takes place between the age of 7-10 years and where devices are used for 9-18 months to guide and correct the growth of the maxillary bones and palate. Afterwards, around the age of 10-12, braces are placed to correct the position of the teeth. The treatment with braces usually takes 1-3 years.



8

Can I get an orthodontic treatment if I have gum disease?

There is a belief that if a patient has a gum disease (periodontitis, pyorrhea, gingivitis, etc.) it is not possible to perform an orthodontic treatment. **This belief IS FALSE.** Currently, thanks to treatments available for gum diseases, it is possible to cure periodontitis and therefore these patients can access orthodontic treatment. If you have periodontitis and you want to correct the position of the teeth contact a center that has specialists in periodontics so they can advise you.

9

What is the price of one orthodontic treatment?

The **professional fees for an orthodontic treatment** can vary depending on several factors: prestige and experience of the center, qualification of the orthodontic specialists, duration of the treatment, number of teeth to be treated and type of equipment to be used.

Normally, orthodontic treatments require a **prior study** that includes a 3D scanner, models of the mouth and a cephalometric analysis to determine the initial position of the maxillary bones and teeth with respect to the skull. This study can range between € 100-150. **After this study, the devices are placed in the mouth**, which entails an initial fee of € 500-800. Finally, **the rest of the treatment is paid in monthly installments** of € 80-120 until the end of the treatment. These fees refer to an orthodontic treatment with braces, if the patient decides to choose INVISALIGN® and INCOGNITO® the fees could increase 30-50%. Once the treatment has finished, it is very important to place retainers or devices that allow the teeth to remain in place in a stable and durable manner. The fees for this retention vary between € 150-300.

10

What precautions should I take once the treatment is finished?

Once the orthodontic treatment is finished, you should bear in mind that there is a possibility that the teeth return to their original position. To avoid this, we will provide you with **retainers that you should put on every night and wear it while sleeping.**

After this last visit you can enjoy your smile and you will discover that you can chew more effectively and comfortably. Remember to perform a correct and regular oral hygiene and do not forget to go to the center every 6-12 months to perform treatments of dental maintenance thus preventing possible cavities or problems with gums. We will also analyze the position of your teeth and check that your teeth do not return to the position they had before orthodontic treatment.



We hope that the content of this manual has helped you solve your doubts about orthodontic treatments. If you need more information we encourage you to send us your inquiries to our email **info@clinicapronova.com**, call us **(971 763 764)** or ask us directly through our **social media pages**.

We will be happy to help you.

CLÍNICA PRONOVA