

STRAIGHTEN YOUR TEETH AT ANY AGE

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You may no longer be a teenager but you can still have straight teeth. There are numerous procedures available utilizing modern dental techniques to achieve this goal. Depending on the severity of the bite and crowding, the choices available may vary from porcelain veneers, crowns and bonding to various types of orthodontic treatment.

If the crowding condition is minor with minimal rotation of the teeth, placing some bonding material over the front surface of the teeth may correct the problem. As the crowding becomes more severe, it becomes more difficult to achieve the desired result with this technique. Porcelain veneers and crowns can correct a variety of problems including spacing, crowding, rotations, and discolorations. They can be utilized with more severe problems but there is usually a need to remove more tooth enamel to achieve the desired result.

The above treatments described entail covering the teeth with some type of restorative material. The most natural way to straighten teeth is to utilize orthodontics to move the teeth into a more pleasing arrangement. Orthodontics can correct overbites, underbites, crowding, spacing, and arches that are too narrow or too wide. Orthodontics generally requires a longer amount of time to correct the problem but it is accomplished without placing any material over the teeth, is permanent, if you wear your retainers, and requires no "upkeep".

Traditional orthodontics utilize wires to move your teeth. These wires are attached to brackets which are bonded to your teeth. The brackets can be invisible but the wires usually can be seen. Adjustments are necessary to tighten the wires over time to move the teeth into the desired position. A newer type of orthodontics consists of wearing invisible trays that are virtually undetectable over your teeth. These trays are removable for eating and flossing so good oral hygiene is much easier to achieve with this type of treatment. As the trays gently move the teeth, a new tray is used about every two weeks. A simple case can be completed in less than six months, but a more involved case can take up to two years to complete, as with traditional orthodontics. The trays are comfortable, remain clear, do not interfere with speech or eating and move the teeth efficiently as wires. The most well known type of invisible braces is Invisalign®. See a certified Invisalign® dentist for a consultation if you are interested in this type of orthodontics.