



Looking Beyond Straight Teeth

*19 Unexpected Benefits
that Orthodontics Can Do for Your
Patients beyond Straightening Teeth*



Introduction

Most people know that brackets and wires can help to straighten misaligned teeth by correcting crowded, rotated or over-spaced teeth.

With a good treatment and retention plan, your orthodontic patients can have beautiful and healthy, straight teeth for life. But orthodontics can do much more than straighten teeth for patients.

Here are 19 amazing, and sometimes unexpected ways that orthodontics can improve your patients' lives.



MORE IDEAL DENTAL TREATMENT

#1 Correct Jaw Problems

Orthodontics (by itself or with other tools) can help fix malocclusions, including crossbite, open bite, under bites, and over bites. Dentists can help patients reduce excessive jaw protrusion or deficient jaws.

A proper occlusion with teeth at the right angulation will keep the bite in check, significantly reducing the wear and breakage of the teeth. Good occlusion is key for a long term, healthy smile and bite.



CASE STUDY: [See three cases](#) where Dr. Rani Seeth used orthodontics to improve her patients' bites, fixing 6-7mm of Class II, deep bite, severe overjet, and lip incompetence.

#2 Improve Symmetry

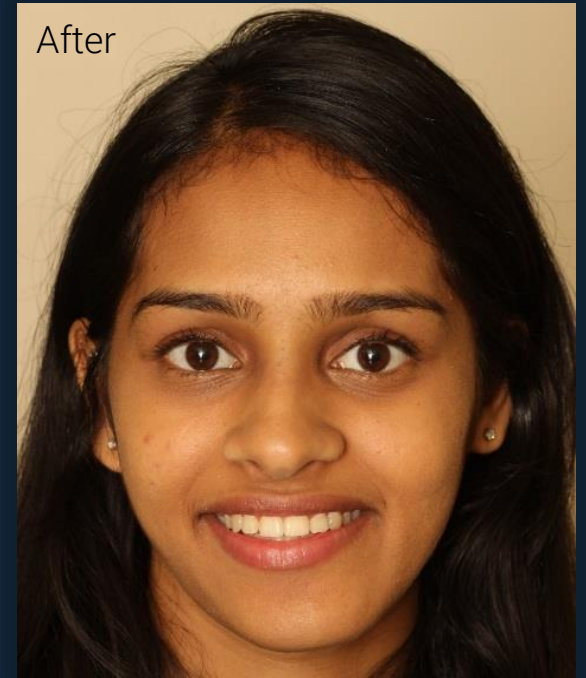
Before



Dentists and orthodontists look at the dental, skeletal and facial symmetry when performing an orthodontic analysis on a patient.

Different orthodontic tools and treatments can help to fix certain asymmetries that can come from missing, crooked, or improperly-sized teeth (or other anatomy).

After



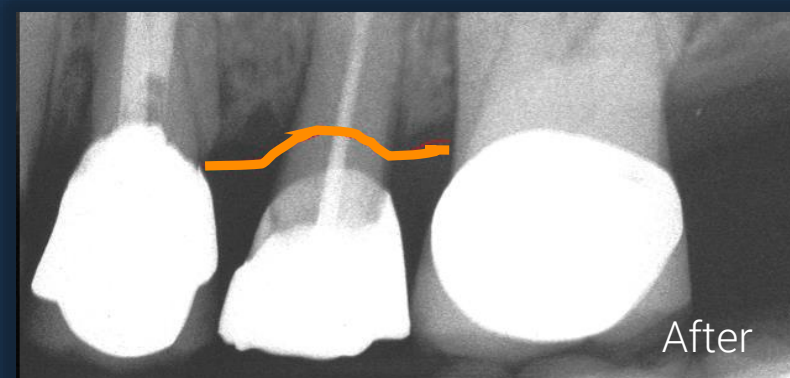
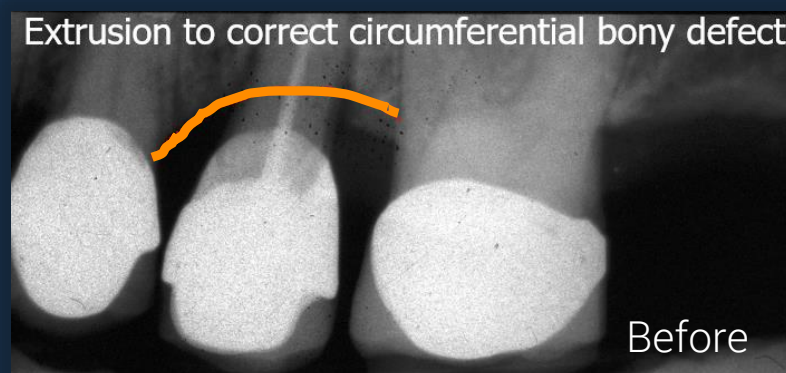
Dr. Kaushal Kishore helped his orthodontic patient, Lisha, by greatly improving her occlusal plane cant, correcting her Class II malocclusion, eliminating her gummy smile, and giving her lip competence. He used a non-surgical, 27-month orthodontic treatment.

#3 Grow Bone

Orthodontics can be used strategically to remodel the bone and reduce bone defects. Progressive doctors can even move teeth to remodel bone to reduce periodontal bony defects or improve bone for better, longer lasting implant sites.



Imaging of improved bone presence after four months of orthodontic molar uprighting.



#4 Improve Restorative Success

Orthodontics can help the long term success of patients' crowns, veneers, and implants (in addition to their teeth). Imagine how much longer an implant will last if patients have the proper bite, and their roots of the adjacent teeth are parallel.

#5 Extrude Teeth

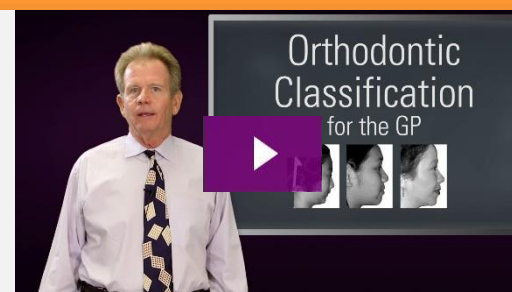
Braces and wires are one of the best ways to deal with a short, unsightly or chipped tooth. A simple tooth extrusion can help fix a wonky tooth quite easily without surgery in as little as 6 months.



Braces can effectively extrude teeth as their orthodontic wires straighten to the proper position, like this case.

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Watch a 1 hour Introduction to Orthodontics video and earn 1 CE/CPD credit.



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Instead of extracting this fractured tooth, orthodontic extrusion was used to keep and restore the tooth, which was preferred by the patient

#6 Avoid Dental Mutilations and Keep Natural Teeth

Orthodontics can offer great solutions for restorative and comprehensive dental cases. Instead of removing a chipped or under developed tooth and replacing it with a crown, implant, or denture, you can use orthodontics to extrude the tooth. This allows the patient to keep his or her natural teeth for a long lasting solution.

#7 Expand Dental Arch Size

Dentists that understand orthodontics can help to manage their patients' arch shapes and sizes. Clinicians can use tools like Transpalatal Arches (TPAs), removable appliances, and custom archwires to give patients wider, more attractive smiles. Conversely, they can also create a treatment plan to maintain arch size.



#8 Improve Kids' Facial and Skeletal Development

Interceptive orthodontics can improve children's growth patterns. A good orthodontic evaluation can identify kids' deficiencies in mandibular or maxillary growth. Early treatment can manage growth to aid in their mandibular, maxillary or arch development. You can even reduce the need for extractions or surgical intervention to get a full correction.

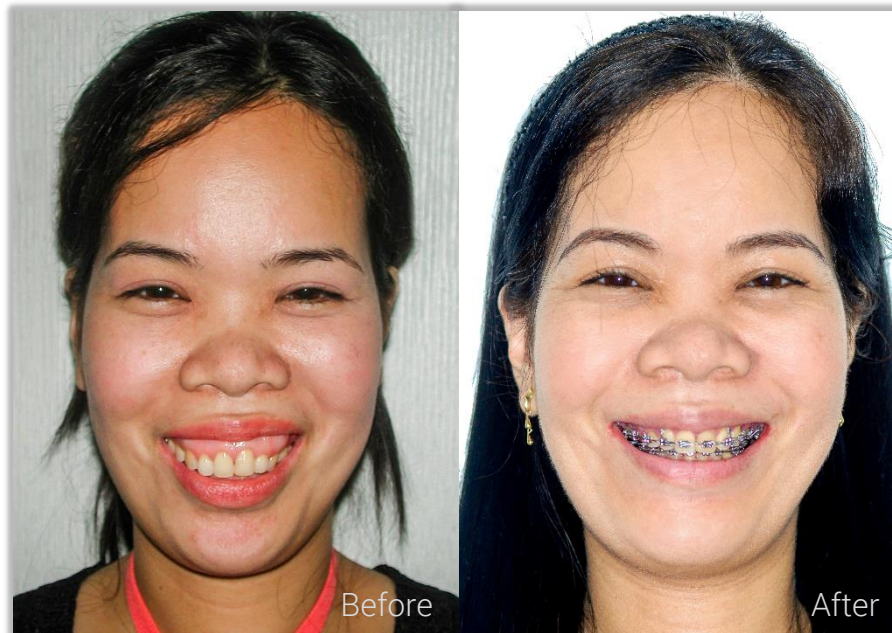
CASE STUDY:

[Read about intercepting Class III tendencies early](#)



#9 Correct a Gummy Smile

Within the past decade, more and more dentists have been using orthodontics to correct excessive gingival display. This little known (but effective) treatment can truly impact your patients who may think they only have surgical options to get a well-balanced smile.



Tip: Understand what factors are causing the gummy smile before deciding your treatment plan.

Some treatment options can include cosmetic crown lengthening, gingivectomy, orthodontic skeletal anchorage, orthodontic temporary anchorage devices (TADs), Botox, and orthognathic surgery.

IMPROVED LONG TERM DENTAL HEALTH

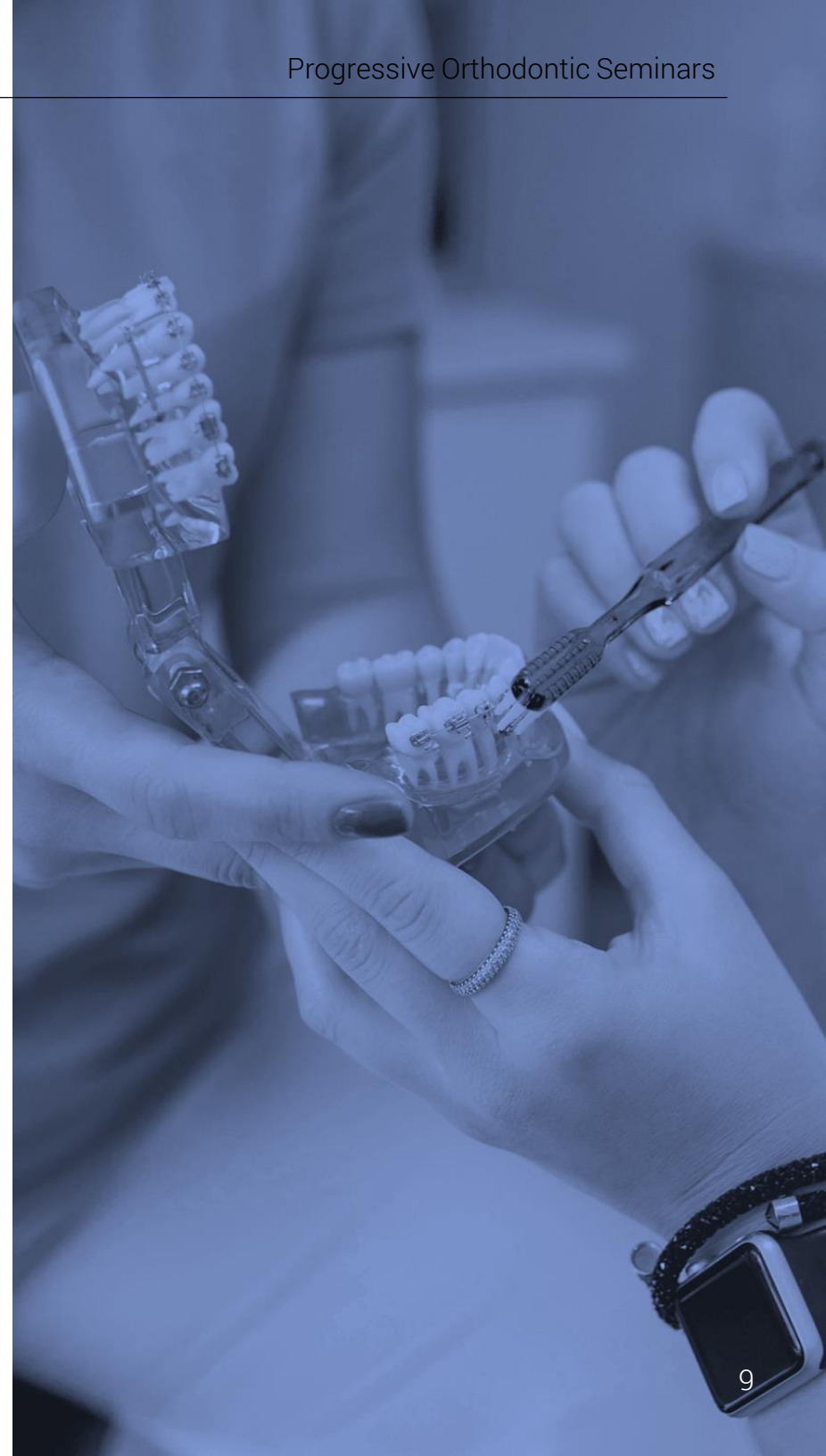
#10 Keep Teeth Cleaner

Straightening teeth and improving bites can help patients prevent tooth decay and gum disease. Orthodontics can eliminate common food traps that are common when teeth are too crowded or have excess spacing. When teeth are in their proper position, it's easier to keep a clean, healthy smile.

#11 Prevent Abnormal Wear on Teeth

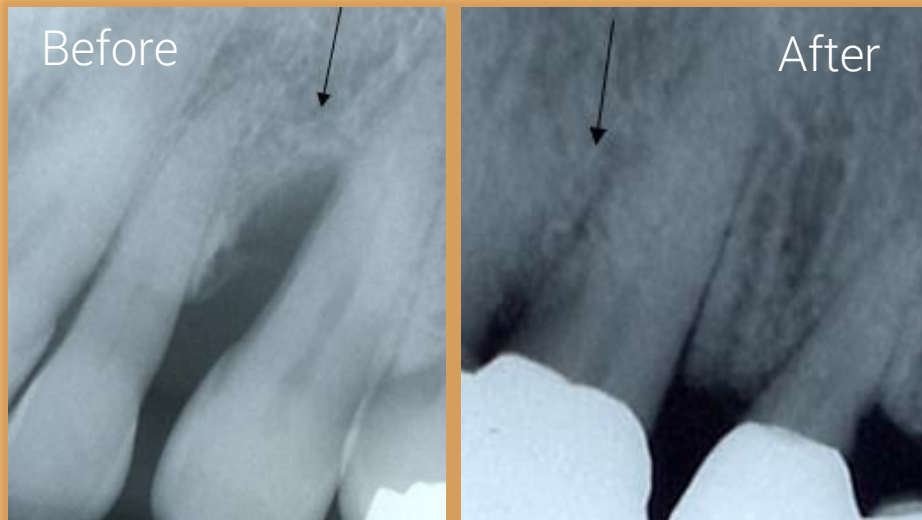
One of the main goals in orthodontics is to achieve a Class I, proper bite relationship. This intercuspation allows patients to reduce wear and have their natural teeth for longer.

Learn about diagnosing the proper orthodontic Class I relationship at our free [Intro to Orthodontics Seminar](#)



#12 Improve Periodontal Condition without Antibiotics or Surgery

As teeth move to better bone, periodontal problems sometimes get resolved.



8 months after treatment



#13 Look and Become Healthier

Having cleaner, straighter teeth can directly help patients avoid periodontal disease, tooth decay, tooth loss, and even heart disease.

In addition, psychologists at Swansea University in Wales, have found that having a genuine smile is more important than BMI, skin coloration, or make up when people perceive your health and beauty.¹

#14 Reduce Pain

Headaches and TMJ can develop when teeth and jaws are not in the correct position. Doing a proper evaluation and orthodontic therapy (sometimes in conjunction with other treatment) can often help fix the TMJ.

Also, orthodontics can give patients the confidence to smile more, producing endorphins, dopamine and serotonin, the body's natural pain relievers.



#15 Correct Speech Impediments

Orthodontics can fix open bite and lip incompetency to improve patients' speech. Also, orthodontic care can pair well with myofunctional therapy for long term speech correction.



[Ultimate Orthodontic Screening Checklist](#)

Learn the steps to do a proper orthodontic evaluation

SOCIAL AND PSYCHOLOGICAL LIFE BENEFITS

#16 Grow Confidence

It's amazing how much confidence orthodontic therapy can provide to patients. Orthodontics can truly change lives. Having the confidence to genuinely smile can affect social behaviors and improve self-esteem. With extra confidence, your patients are likely to create more opportunities, like approaching romantic situations and growing their careers.



CASE STUDY:

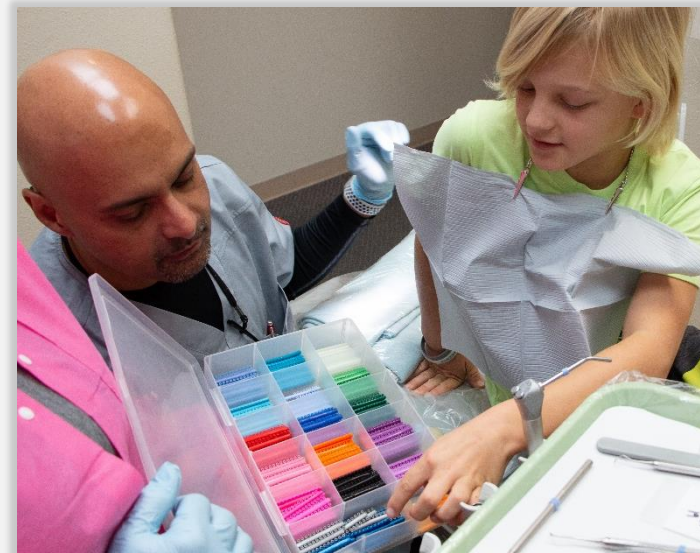
[Read how a doctor was able to give this teenage girl the confidence to smile in pictures](#)



#17 Make a Unique Fashion Statement

There are not many times when your teeth can be a fashion statement.

Orthodontic patients have a special opportunity to accessorize their smiles to match their clothes, emotions, school, holiday, and teams.



#18 Look More Youthful and Attractive

There are many ways that orthodontics brings youth to patients. Cleaner, less worn, straighter, teeth can take years off patients' smiles. Attentive dentists can also use orthodontics to create fuller, more balanced dentofacial harmonies to add youth to faces. Since noses and chins continue to grow, our faces get more concave with age. Well-planned orthodontics can especially help those with concave profiles get fuller, more youthful looks.



And, if your patient loves his or her new look and smiles more, studies show that happiness is perceived as youthful and more attractive.² A Wrigley Gum study showed that both men (66%) and women (73%) thought that wearing a smile was more attractive than wearing any makeup.

#19 Make a Great First (and Lasting) Impression

Sharing a genuine, confident smile makes a great impression that can open opportunities for your patients. Since smiling is contagious and memorable, you may notice that your happy orthodontic patients see more success and luck after getting their braces off.

The American Academy of Cosmetic Dentistry (AACD) revealed that in their study that 48% of adults think that a smile is the most memorable feature of a first impression, more important than what someone says (which ranks at 25%).³ Giving your patients more reason to smile confidently is powerful and rewarding.



Conclusion

Doctors can harness the power of orthodontics by

- Opening up more effective opportunities in dental treatment
- Creating a healthy bite to improve the longevity and vitality of your patients
- Encouraging genuine smiles to improve patients' outlook and opportunities

We hope that you enjoyed reading about the many benefits that you can provide to your patients with orthodontics.



Want to offer your patients all the life-changing benefits of orthodontic care?

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References:

1. Alex L. Jones, Carlota Batres, Aurelie Porcheron, Jennifer R. Sweda, Frederique Morizot, and Richard Russell. "[Positive Facial Affect Looks Healthy](#)" *Visual Cognition*. September 19, 2017.
2. Hass NC, Weston TD, Lim S-L (2016) "[Be Happy Not Sad for Your Youth: The Effect of Emotional Expression on Age Perception](#)." *PLoS ONE* 11(3): e0152093. doi:10.1371/journal.pone.0152093
3. "[Study Reveals Keys to Memorable First Impressions](#)." *Academy of Cosmetic Dentistry*. February 10, 2015.

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