

# WHO CAN BENEFIT FROM ORTHODONTICS?

Some believe braces are “for children only” but the truth is that there is a higher uptake of orthodontic treatment among adults than ever before!

Tooth movement is based on biological and physical manipulation of teeth and their supporting structures. The movement is a basic healing cycle which is replicated several times during the orthodontic process and is identical in children and adults.

For this cyclical healing process to be effective the teeth, gums and their supporting bones must be healthy. It is never too late to have orthodontic treatment. Whether you are 7 or 70 years old you can still have a wonderful smile.

## THE BENEFITS OF HAVING ORTHODONTIC TREATMENT INCLUDE:

- Good appearance and a great smile
- Improved self-confidence and psycho-social advantages
- Several options to resolve problems such as crowded or spaced teeth
- Reduced risk of accidental injury to protruding teeth
- Influencing the growth of the jaws helps produce a better face profile
- Re-arranging the teeth to improve the bite
- Teeth are made easier to clean thereby reducing the risk of decay and gum disease
- Harmful digit sucking habits can be stopped
- Early intervention reduces complexity of treatment in later life
- Elimination of undue stress on the jaw joints and abnormal wear of teeth
- Preparation of the teeth for future work by other dental specialities
- Aids speech development and adaptation
- Having well-arranged teeth can make you look younger