



Orthodontic procedures and teeth straightened treatment at Gipsy Lane Advanced Dental Centre

Orthodontic treatment and teeth straightening is not just for children, many adults are now seeking to improve their appearance and bite using these procedures too.

The information below has been designed to answer some of the many questions for adults considering orthodontic treatment. Please feel free to contact us at any time should you have further questions.

What can orthodontic treatment do?

Orthodontic treatment can be used to correct dental problems including

- Crooked lower teeth,
- Gaps between your teeth,
- protruding teeth (buckteeth)
- misaligned teeth

Orthodontic treatment can dramatically and discreetly improve your appearance, without impacting on your social or business life.

Can orthodontic treatment improve and/or change my facial features?

Most definitely yes! Dramatic changes in a person's smile and profile can be achieved. A person can actually look years younger by straightening crooked teeth or correcting an over-bite or under-bite.

A beautiful smile can increase your self-confidence and, in turn, enhance your sense of well-being.

Is there an upper age limit for orthodontic treatment?

There is no age limit for orthodontic procedures. Crooked teeth can be successfully realigned or a protruding overbite corrected, regardless of age.

Our Orthodontic team treat 100's of adult patients every year, with ages ranging from 18 up to 71. Orthodontic treatment is becoming a customary option for many adults who are unhappy with their present appearance.

Once the treatment is complete – will my teeth be remain straight?

Our bodies are constantly changing and adapting, teeth are no exception. If your teeth have been crooked for a number of years, your body will 'remember' where they were for a long time. Minor movement or relapse are to be expected, but you can minimise this by the wearing retainers following treatment for a short while.



My dentist has mentioned that I have a “Bad bite” what does that mean and can orthodontic treatment help?

Bad bites are often caused by over-crowded or protruding teeth. The top and bottom jaw do not align correctly, so the whole mouth becomes inefficient and prone to dental hygiene and oral health problems.

Occasionally restorations, like crowns or bridges would be desirable. However, these treatments can become exceptionally difficult without prior aligning your teeth first. In these circumstances, Orthodontic treatment will be required to correct and support teeth making your whole mouth are healthier, and teeth easier to clean.

Is orthodontic treatment painful?

Orthodontic treatment is not painful, however, following each adjustment, you may experience minor discomfort. This can last from 48 to 72 hours as your teeth need to settle and become comfortable again. As your treatment progresses patients have reported that the discomfort is reduced. If you do feel some sort of discomfort, we recommend taking minor painkiller, like paracetmol, to alleviate any short-term discomfort.

How long does the treatment take?

Every patient is unique and so the time taken for every course of treatment will vary. A comparatively simple closing of front spaces can be corrected in just a few months. However, a major realignment of disfiguring teeth can take up to two years or longer.

From our experience adult treatment time does take a little longer. This is due to the difference in responses of mature tissues in the mouth, compared to a 10 or 12 year old. An adult's bone structure is denser and teeth are more firmly set, so expect a slightly longer response time for teeth to move into the desired position.

Will I my speech be impaired?

Orthodontic treatment will not necessarily impact on your speech.

Will I look odd during treatment?

Minor corrections can be achieved using either fully removable or transparent removable retainers. These are completely concealed within the mouth.

More complex treatment may require fixed braces on the teeth to successfully align.

Braces vary from the conventional steel brackets fixed to the teeth to the less obvious tooth coloured brackets.



I have heard that surgical correction could be a faster option?

Surgery can be a viable alternative to conventional orthodontic treatment. It can offer dramatic results in certain cases, especially where jaws are severely mis-aligned eg, where tooth movement alone cannot accomplish the desired changes.

In these circumstances surgical intervention, called ortho-gnathic surgery, may be advised. This will require close co-operation between your orthodontist and the oral surgeon. If an ortho-gnathic procedure is recommended, the orthodontic and dental team Gipsy Lane Advanced Dental Centre would be delighted to support you throughout the treatment process.