

# Braces/Orthodontic (Teeth Realignment)

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### Patient Information: Empowering You To Make Informed Decision

#### What is Orthodontic?

Orthodontic is a treatment that helps to correct the alignment of the teeth and improve the relationship of upper and lower jaws that is uneven.

#### When do we need orthodontic treatment?

1. Look: If you are not satisfy with your current look because the teeth are not well align

- Gap between front teeth is big
- Canine teeth is out of alignment
- Front teeth are overlapping, not even or out of align
- Teeth are too projected
- Teeth rotated

2. Your chewing function was disturbed

- Open bite ( cannot close completely)
- Overlapping teeth result in food impaction and difficult to clean
- Difficult to bite and may associate with the pain of the joint in front of ears
- Difficult to close the lips together or mouth breathing

#### To whom should the orthodontic treatment be done?

Orthodontic treatment not only can be done on children and teenager, but also adult.

There is no limit of age for orthodontic treatment. In common, teeth movement can be achieved more easily in earlier age.

#### At which age should orthodontic treatment be started?

Orthodontic treatment can be started before all permanent teeth to come out.

Examination: At the age of 7, children need to be examined to determine whether there is need for orthodontic treatment. At this age, plan for orthodontic treatment can be carried out already.

First phase: Before the problem is formed—can be started for children (under the age of 10-12 years old).

If treated earlier, the result of the treatment will be more satisfied and complicated treatment may be avoided in the future.

There is NO need to wait for all the milk teeth to drop-off before the treatment of orthodontic start.

First phase of treatment may or may not need further treatment (Second phase). If second phase of treatment is needed, it would be easier to carry out.

Second phase: After the problem take place—in teenager and adult. During this time, the growth of the bone is already finished, best time for treatment has already past and option for treatment also lessen compare to children.

#### EXTRACTION NEEDED?

Not all case required tooth extraction. The doctor will first consider the type of treatment without extraction. If the teeth are too out of alignment , protruded or crowded, extraction may be needed.

#### HOW LONG THE DURATION OF TREATMENT ?

Simple treatment (e.g. closing small gap) may take 3-6 months, however, most of the case would take about 1-1.5 year, and more time is needed for complicated case, where bone growth modification is required.

#### HOW OFTEN DO I NEED TO GO TO THE CLINIC?

Normally, once in 4-6 weeks during active treatment in 18 months.

#### POSSIBLE SIDE EFFECT OR UNWANTED RESULT

- Relapse: Teeth tend to go back to its original location.
- Decalcification on teeth that not kept clean.

- Teeth become non-vital if the force is too heavy.
- Gum becomes unhealthy or teeth become mobile.

#### HOW TO START THE TREATMENT?

First visit: The doctor will take impressions (models) on the teeth/jaw and X-ray (OPG & CEPH). The doctor will analyze and plan the method of treatment. No further discussion will be carried out unless the patient has the models and X-ray.

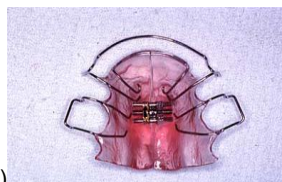
Second visit: Treatment plan will be discussed while other alternatives, time and cost will be discussed. Patient has the final decision whether to start the treatment or not.

#### TYPE OF TREATMENT?

Generally divided into two types:

1) Removable: it is a plastic plate with spring/wire to move the teeth. It can be removed by patient.

2) Fixed: Small button of grey metal or white porcelain called bracket will be bonded on the tooth surface. Patient cannot remove the bonded bracket. It can be used to create tooth movement that cannot be done with the removable type of treatment.



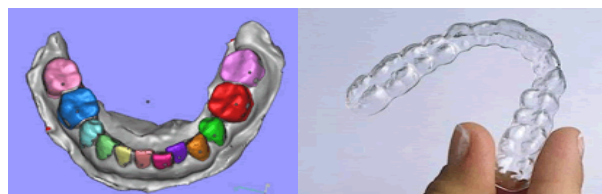
1.)



2.)

#### COST?

The cost will depend on the complexity of the treatment, whether upper jaw, lower or both require treatment, It will also depend on the time, material and technique used. Cost of computerized and hidden or translucent material (Smartee or similar invisalign) will cost more.



Payment by Installments is allowed, especially for those who are less able, loan can be provided, such as for university students.

Please kindly consult your doctor. (May change without prior notice: Student price RM2800-3500 each jaw. Basic package for both jaw will usually cost RM4900 (Student Price) to RM5900 (Adult Price). The doctor can only give the estimation of cost after detail examination has been carried out.)

#### MULTIDISCIPLINARY TREATMENT

For severe case, referral to orthodontic specialist or maxillofacial surgeon may be needed.

#### Other Considerations before you put on braces:

- 1) Before treatment: Determination is required. Make sure that you committed and ready psychologically to start the treatment.
- 2) During treatment: Compliance is needed. Your cooperation is important for good result of treatment. You should present at the clinic at the period of time that is fixed. Case may not be continued if the patient always fails to attend for treatment.
- 3) Complete treatment: At the end of treatment, TEMPORARY OR PERMANENT RETAINER may be needed to avoid the teeth from shifting back to their original position.