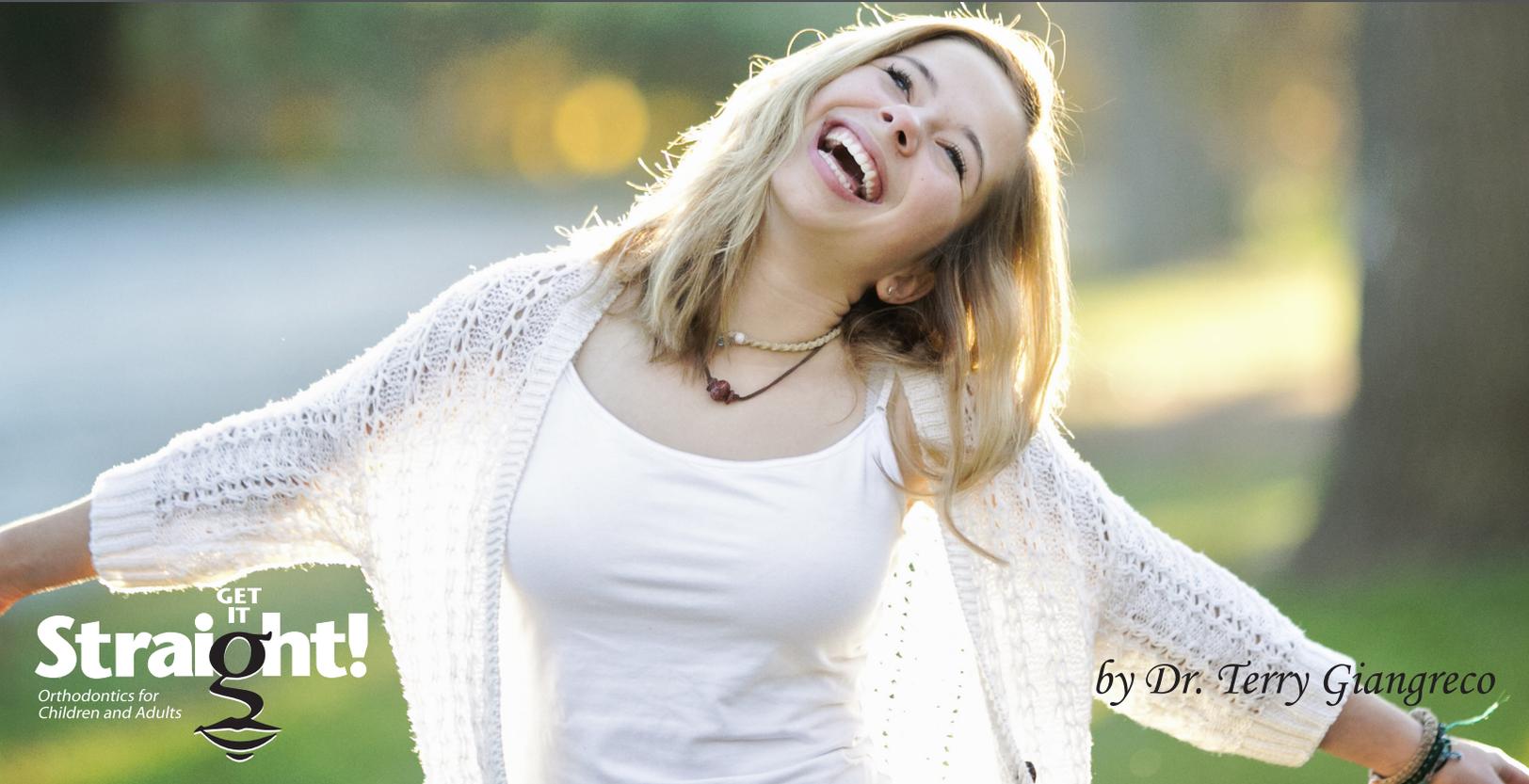


4 Ways to Safely Accelerate Your Orthodontic Treatment



GET
IT
Straight!
Orthodontics for
Children and Adults



by Dr. Terry Giangreco

1. Self-Ligation Braces

There are many, many different types of braces. Basically, braces are divided into two major categories: traditional ligation and self-ligation. This describes the way the wire is attached to the brace. For traditional braces, the wire and the brace are attached by a “ligature”, usually a colored rubber band. This is stylish, but the rubber color works like a parking break dramatically slowing tooth movement and requiring up to 500 times more force (ouch!) to move the teeth. Self-ligating braces have a little door built into the brace that holds the brace and the wire together. Don’t worry fashion conscious people; you can still decorate with colors, but you won’t have the ‘parking brake’ effect on your teeth. This allows us to use lighter forces to move the teeth (yay!), making treatment much more comfortable and creating less local inflammation. This leads to healthier and faster tooth movement. The major self-ligating braces are: Damon System, Damon Clear, Insignia, and Smart Clip.



2. Acceleident

Acceleident is a relatively new technology to orthodontics but has been used in other areas of healthcare for many years. It is a vibrating mouthpiece that is worn 20 minutes per day. Applying a technology used by orthopedic surgeons, the vibrations from the mouthpiece ‘turn on’ the bone cells that help move teeth. Studies have shown teeth move 30-40% faster with Acceleident! The other good news is that the vibrations also reduce the pain associated with tooth movement by as much as 75%. Faster treatment with less soreness. Pretty awesome! The catch: because it is new it is still relatively expensive. But, depending on your budget and your time table, Acceleident may be very appealing to you. Many times, orthodontic treatment with Acceleident can be completed in under one year :)

3. Be Compliant

During treatment, your orthodontist will often ask you to wear rubber bands, come to your visits on time, brush your teeth well, be careful with what you eat to prevent damage to the braces, etc. The more compliant you are with these directions, the faster your treatment will go. If you want your treatment to go super-fast, listen to your doctors instructions and follow them religiously!



4. See an Orthodontist

In today's economy, many family dentists are looking to expand the services they offer to help their bottom line. Often times, a weekend class is the only requirement to start offering orthodontic treatment. Orthodontists are specialty trained dentists that have several years of specific, additional orthodontic training and then devote their careers to orthodontics only. Many products used by general dentists claim to offer faster treatment and have speedy sounding names like 'Six Month Braces' 'Fast Smiles' or 'Smile Direct Club.' These systems will make some teeth straighter but will rarely leave you with a good bite. Most people with bites that are off have increased risk of painful tooth and jaw problems in the future. Moving your teeth as quickly and safely as possible is tricky business. You need to rely on an Orthodontic specialist to have the knowledge to not only provide a fast result, but also deliver a quality result that will last a lifetime.

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