

## Healthy Smile Tips

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

For more information about taking care of your mouth and teeth, visit the hospital's website, [www.dentalhospitalbangkok.com](http://www.dentalhospitalbangkok.com)



DENTAL TREATMENT

# All about Orthodontics:

## Healthy and Beautiful Smiles



DENTAL HOSPITAL  
SUKHUMVIT 77 BANGKOK

## A Few Simple Guidelines

Your smile is your greeting to the world. It's also a window to an important part of your dental health, the alignment of your teeth.

Not everyone is born with beautiful teeth. Crooked teeth or spaces between the teeth may be a source of embarrassment or self-consciousness. Improperly aligned teeth and jaws called a "malocclusion" also can lead to a host of sometimes painful dental disorders.

Crooked and crowded teeth are hard to clean and maintain. A bad bite can also cause abnormal wear of tooth surfaces, difficulty in chewing and/or speaking, and excess stress on supporting bone and gum tissue. Without treatment, many problems become worse and can require additional dental care later in life.

Healthy teeth can be moved at any age. Many orthodontic problems can be corrected as easily for adults as for children. Orthodontic forces move teeth in the same way for both adults and children. Orthodontists diagnose, prevent and treat dental and facial irregularities. The orthodontist provides a custom-made, clear, removable aligners or fixed brackets that use gentle pressure to move teeth into their proper positions to achieve the best results.

## Children & Orthodontics

### All Kids Should Get a Check-up with an Orthodontist No Later Than Age 7

As a parent, you want the best for your child. That includes healthy teeth and a pleasing smile. The hospital recommends that your child get a check-up with an orthodontist at the first recognition of the existence of an orthodontic problem, but no later than age 7.

By then, your child has enough permanent teeth for an orthodontist to determine whether an orthodontic problem exists or is developing. Some orthodontic problems may be easier to correct if they're found early.

A check-up no later than age 7 gives your orthodontist the opportunity to recommend the appropriate treatment at the appropriate time. If early treatment is in order, the orthodontist may be able to achieve results that may not be possible once the face and jaws have finished growing. Most orthodontic patients begin active treatment between ages 9 and 14.

Orthodontic brackets are bonded to the front of teeth are a thing of the past. Invisalign Teen is the virtually invisible and hygienic alternative to braces that can help your teenager achieve a proper bite and a healthy, confident smile.



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## A Lifetime of Benefits

### Choosing the Optimal Time for Treatment Consult an Orthodontist

While orthodontic treatment most often begins between the ages of 9 and 14, some children's orthodontic problems can benefit from earlier treatment. If it appears that your child will need treatment at some point, your orthodontist can advise you about the best time to begin. If early treatment is indicated, it can give your orthodontist the chance to:

- Guide jaw growth
- Lower the risk of trauma to protruded front teeth
- Correct harmful oral habits
- Improve appearance and self-esteem
- Guide permanent teeth into a more favorable position
- Improve the way lips meet



## Signs the Bite's Not Right

It's not always easy to tell when your child has an orthodontic problem. Even teeth that look straight may be hiding an unhealthy bite. Here are some clues that may indicate the need for orthodontic attention:

- Early or late loss of baby teeth
- Difficulty in chewing or biting
- Breathing through the mouth
- Thumb-sucking
- Crowded, misplaced or blocked-out teeth
- Jaws that are too far forward or back
- Biting the cheek or biting into the roof of the mouth
- Protruding teeth
- Upper and lower teeth that don't meet, or meet in an abnormal way
- An unbalanced facial appearance
- Grinding or clenching of the teeth

## Give Your Child the Gift of a Healthy Smile

Well-aligned teeth look good and feel good. They contribute to good dental health and the ability to speak, chew and bite. Not everyone needs orthodontic treatment. But if your child does need help, a checkup no later than age 7 will help your orthodontist provide the most appropriate treatment at the most appropriate time. Make sure your child sees an orthodontist for a check-up no later than age 7.

## Adult Orthodontics

### It's never too late to be your best

You're never too old to benefit from orthodontic treatment. Today, adults make up about one in every five orthodontic patients. Here's why:

#### Looking good.

Orthodontic treatment can help correct crooked teeth or spaces that you've been self-conscious about for years. It can give you the confidence and pride that come with straight teeth and a great smile.

#### Maintaining dental health.

Leaving misaligned teeth untreated may lead to other dental problems including abnormal wearing of tooth surfaces and difficulty in chewing. Orthodontic treatment can help you keep good dental health. Advances in orthodontics have made treatment more comfortable and more successful than ever for people of all ages. Orthodontists work with other dental practitioners, periodontists, prosthodontists, oral surgeons, to provide a comprehensive approach to your dental health.

#### Comfortable and better oral hygiene

Invisalign aligners cause less irritation to the mouth and gums that fixed braces. Aligners are removed to brush and floss, so there is often less gingival inflammation.

**PLEASE  
CALL THE  
HOSPITAL**

## The Clear Alternative to Braces

INVISALIGN is the virtually invisible and hygienic alternative to braces that lets you keep smiling during your treatment. Invisalign uses a series of custom-made, clear, removable aligners that gradually move teeth toward the smile you've always wanted. Invisalign is so discreet; most people won't even notice you're wearing them.

Invisalign fits with your lifestyle to ensure your treatment doesn't hold you back. The removable nature of the aligners means you can take them out for special occasions, continue to eat your favourite foods and brush and floss normally to keep your teeth and gums healthy.

**INVISALIGN can make future bright smile for you.**

