

What is my role in treatment?

Orthodontic treatment is a partnership between the patient and the orthodontist. Remember, the orthodontist provides custom-made fixed or removable braces that use gentle pressure over time to move teeth into their proper positions and will see you once in 4 to 8 weeks. You however, are with the braces, 24X7.

You have the most important role i.e to follow the orthodontist's instructions namely:- precautions on the food you eat, wear of rubber bands and other orthodontic accessories, keep scheduled orthodontic appointments and maintain excellent oral hygiene so that best results are achieved. You will also need to see your dentist as recommended.

How long does treatment take?

Treatment typically ranges from 24-36 months. It may be less or more, depending on the complexity of the case. Other factors include the age, cooperation level, type of problem, growth occurrence of the patient and treatment technique used. The complexity of the case also impacts the treatment time; comparatively it takes a longer time to treat adults than children or teenagers. At the end of active treatment, retainers are prescribed for most patients to keep teeth in their new positions.

How much do I need to invest for the orthodontic treatment?

The cost of orthodontic treatment depends on many factors, including the severity of the problem, its complexity, condition of your mouth, length of treatment and the experience of the orthodontist. The cost of braces also depends on the type you select. The costs will likely be higher if you choose non-metal/esthetic/invisible braces. Your orthodontist will be glad to discuss fees with you before treatment begins. Most orthodontists offer a variety of convenient payment plans.

Orthodontic/braces specialists in India receive a 2 to 3 years of specialized education and training at a Dental College, recognised by the Dental Council of India, in addition to the 5 -year basic dental training, training to learn the correct way to align and straighten teeth, control and utilize facial growth, enhance smile esthetics and jaw function. Only those who successfully complete this formal education program may call themselves **"Orthodontists,"** and only those orthodontists can be members of the Indian Orthodontic Society, the national association of qualified orthodontists in India. Selecting a member of the Indian Orthodontic Society for your orthodontic care is your assurance that the doctor is a person most qualified to do the job at hand.

If you have any questions or concerns throughout your treatment or in the future, please consult your orthodontist or visit our website.

All About Orthodontics

For healthy, beautiful smiles naturally.



Questions and Answers

Your smile has an instant impact on people and the first impressions matters. Our teeth showcase our happiness, and confidence. The glow in our eyes are complemented by a set of beautifully aligned teeth which play a major role in that good first impression.

Not everyone is born with beautiful set of teeth. Crooked teeth and gaps(spaces) between the teeth may be a source of embarrassment for many. Improperly aligned teeth and jaws called as “malocclusion” can lead to tooth decay and a host of sometimes painful dental and joint disorders. The good news is that orthodontic treatment can correct malocclusions and help you achieve a healthy, beautiful smile that's good for a life time.

Why does one have orthodontic problems?

Most orthodontic problems (malocclusions) are inherited. Examples of these genetic problems are, like crowding, spacing, protrusion, extra or missing teeth, and some jaw growth problems. Others malocclusions are acquired as a result of bad habits like thumb- or finger-sucking, nail biting, dental disease, poor oral hygiene, accidents, the early or late loss of baby (primary) teeth and many other causes.



Healthy Smile for
Healthy People

What difference does it make if I have an improper set of teeth?

Crooked teeth are hard to clean and can initiate cavities and gum diseases. Teeth jutting out of the mouth are prone to fracture their sports activities, especially in children. Gaps between teeth may be a constant source of embarrassment, and can also contribute to difficulty in pronouncing certain words. It could also be a place where food might get wedged. Opposite teeth not touching each other correctly can cause tooth enamel to wear abnormally with difficulty in chewing and excess stress on supporting bone and gum tissue. Without treatment, many problems would simply become worse.

Why should one get orthodontic treatment done?

An imperfect bite cannot actually determine whether a person needs braces. Instead, it's the signs & symptoms of that imperfect bite, that ultimately plays the deciding factor. Orthodontic treatment creates a better bite, making teeth fit better, and decreases the risk of future potentially costly dental problems.

Why select an orthodontist, why not any dentist?

Why doesn't one get brain surgery, or heart surgery done with a general surgeon? What would happen if one does? The same logic applies here. Orthodontists are dental specialists who diagnose, prevent and treat dental and facial irregularities. They receive an additional

two to three years of specialized education (Post Graduation) from a Dental College recognized by the Dental Council of India, beyond the basic (Under Graduation) 5 year dental training, to learn the proper way to align and straighten teeth. Only those who successfully complete this formal education may call themselves “orthodontists,” and only orthodontists may be a members of the Indian Orthodontic Society, the national association of qualified orthodontists in India.

Can adults benefit from orthodontic treatment?

Yes. Age is not a consideration when it comes to orthodontic treatment. As long as the teeth and the gums surrounding it are healthy, orthodontic treatment can be done and teeth can be moved at any age. These days, adults make up almost nearly half of orthodontic patients hoping to finally get the beautiful smile, they always wanted. With advancement in technology, the barely visible tooth colored braces, or hidden / invisible braces are recommended by orthodontists for adults. These esthetic appliances are a boon for the adult patients as they are able to inconspicuously achieve the great smile they want and rarely if ever cause any hindrance in the day-to-day activity of the individual. With advances in today's orthodontic materials, patients see the orthodontist only about once every 4-8 weeks during active treatment. Even the appointments can be coordinated to match the work schedule of the adult patients.