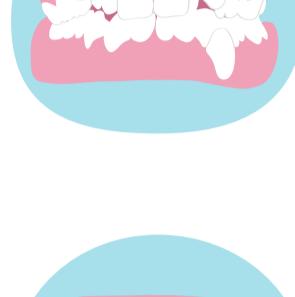




## WHAT IS IT?

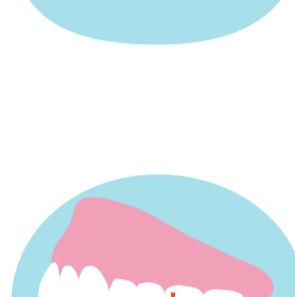
Orthodontics is the area of intervention dedicated to the treatment of **problems of tooth alignment and dentofacial disharmonies** (malocclusion) through the placement of braces.

#### What are the main causes of orthodontic problems?



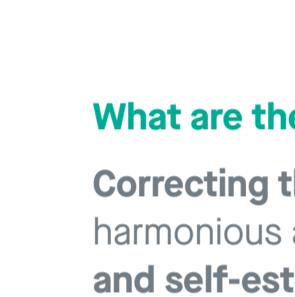
##### DENTAL CROWDING

When there is a lack of space for the correct eruption of teeth, they become incorrectly positioned.



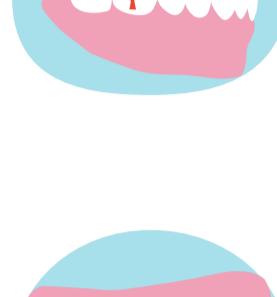
##### CROSSBITE

When the mouth is closed and the upper teeth do not align with the lower teeth, getting closer to the cheek or tongue.



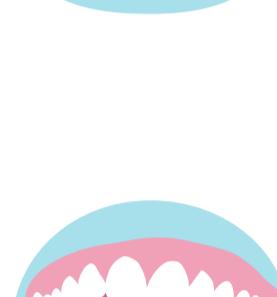
##### RETROGNATHIA

When the upper teeth are in front of the lower teeth or when the chin is receded in relation to the face.



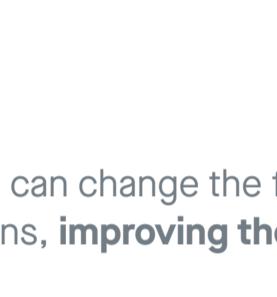
##### PROGNATISM

When the lower teeth are in front of the upper teeth.



##### OVERBITE

When the upper jaw's front teeth overlap with the lower jaw's front teeth, sometimes causing the lower teeth to touch the roof of the mouth.



##### OPEN BITE

When there is a gap between the upper and lower teeth when the teeth are clenched. This is usually the result from habits such as sucking your finger or projecting your tongue between your front teeth.

#### What are the treatment benefits?

**Correcting the position of the teeth** and/or jaws can change the facial appearance, giving it more harmonious and pleasant contours and proportions, **improving the patient's look, oral expression and self-esteem**.

Moreover, crowded teeth are more difficult to keep clean and are often more subject to cavities and gum problems.

#### Are braces only used to straighten teeth?

**No**, braces are important to improve aesthetics, but also **chewing**. In some cases, they may also help with speech problems, breathing difficulties and facial disharmonies.

#### At what age should you have your first orthodontics appointment?

**Around 5-6 years old**, after the eruption of the first permanent teeth, to assess their eruption trend.

#### Can adults also have braces?

**Yes, they can**. Anyone can benefit from an orthodontics treatment, as long as such treatment has been recommended to them.

#### Does it hurt to put on braces?

**No**, because they are only glued to your teeth. During the first week, patients may feel some discomfort, which will later subside.

#### What kinds of braces are there?

- **Removable**: most used for children
- **Fixed**: most common ones
- **Aesthetic**: fixed braces with transparent and more elegant materials
- **Transparent**: innovative, transparent and removable option.

Our orthodontists will assess your case and define the best solution for you.

#### How long does the treatment last?

The duration of a treatment involving braces **varies from person to person**.

With conventional fixed braces, the average duration is 24 months.

#### What special oral hygiene care should be taken?

It is necessary to brush your teeth and gums with a **small, medium-bristled toothbrush at least twice a day, gargle with water after meals and with mouth wash** before going to bed for about one minute.

#### When I get my braces off, can my teeth get crooked again?

Sometimes, teeth may return to their original position. It is also possible to lose some of the treatment results. Therefore, **it is essential to comply with your dentist's instructions and use the recommended guards**.

#### Why should you choose Clínica Médis?

- Dentists with experience in Orthodontics can give you a personalized treatment plan.
- **Medical professionals with Invisalign® invisible braces certification**. Cutting-edge innovation that corrects teeth and jaws with invisible dental guards that fit your teeth. This is an alternative treatment to traditional braces, achieving the same results. Dentists with experience in Orthodontics can develop a **digital and accurate study** that will result in a personalized 3D treatment plan called **Clincheck**, and a prototype of your smile at the end of treatment.

