



Adult Orthodontics

Many adults are choosing the benefits of orthodontic treatment, to correct tooth alignment problems which may extend back to childhood or have occurred as a result of missing teeth. Orthodontics will not only improve your smile, but more importantly, can prevent tooth loss and improve your overall oral health. The enhanced appearance and self-confidence of having beautifully straightened teeth is only the beginning.

A popular new treatment is Invisalign™, clear plastic aligners similar to a sport mouthguard that place a gentle pressure on your teeth, guiding them into position. Being virtually invisible, Invisalign™ is ideal for adults undergoing orthodontic care, as no-one will notice you're having treatment.

Treatment times usually range from nine to twenty-four months, depending on your situation. Although we prefer to avoid tooth extraction, in cases of severe crowding this may be necessary to create the space needed to re-align your teeth.

Your oral health during orthodontic treatment

A meticulous brushing and flossing routine at home is very important when undergoing orthodontic treatment. We also advise you to attend regular cleaning appointments with us to allow us to continue to monitor your oral health.

ORTHODONTICS



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Creating straight and healthy smiles for the whole family

Orthodontics is an effective way of ensuring you have a straight, healthy smile you will be proud to display. There are many reasons why straight teeth are important, such as a more aesthetic smile, better facial structure and improved chewing and jaw function. Irregular positioning of teeth can also lead to tooth decay, gum disease and eventually tooth loss; problems which can be alleviated with orthodontics for adults, teenagers and younger children.

Orthodontic treatment brings your teeth and jaws into the correct alignment, realigning your bite so that we bring the facial and jaw structure back into balance and greatly improve your ongoing dental health. This can be done using traditional appliances such as braces, or new technology such as clear braces and invisible aligners. Travel for multiple appointments can also be one of the common reasons that stopped people from straightening their teeth. At Lakeside Dental, we use remote dental monitoring technology to minimise your dental visits.

Our staff can advise you and your children if and when orthodontic treatment is necessary, and recommend the appropriate steps for you to ensure we create the best results for you. We also provide in-house payment plans for orthodontics.



Orthodontics

Orthodontics is designed to help children and adults achieve an ideal bite and a straight, healthy and beautiful smile. Today's orthodontic treatments are unrecognisable from the old fashioned, heavy and bulky metal wires and brackets from decades ago.

Depending on your situation, your orthodontic treatment may consist of many different appliances attached to your teeth to move them into their desired position. Headgear, expanders, braces or clear aligners are just some of the appliances we can use, according to your individual situation. Your orthodontic treatment will usually last around one to three years, depending on your current situation.

People of all ages can benefit from orthodontics, because healthy teeth can be moved at almost any stage. Some orthodontic problems can be fixed more easily if they are detected early, which is why we recommend young children and teenagers attend regular examinations for early diagnosis. But even adults are now benefiting from orthodontic treatment; so it really is a treatment option for the whole family.

Orthopaedics

Orthodontics for young children, called orthopaedics, can be as simple as guiding the growth of your child's jaw to maintain space for their larger adult teeth to emerge in. Children are very responsive to this treatment, because their bones are still developing and are easier to guide into the correct alignment. This pre-treatment can also help avoid the need to remove healthy adult teeth in the future due to crowding.

Not all children require orthodontic treatment but early assessment and intervention can reduce treatment time and expense. Early treatment may also eliminate the need for fixed braces by the time your child reaches high school years. We recommend that parents schedule an assessment appointment around age 7 or 8, following the emergence of your child's first adult molar teeth.

Today, orthopaedics is much less frightening for children, using finer brace wires and less bulky brackets for a more comfortable treatment. Our advanced techniques also offer reduced treatment times and improved, long-lasting results.

Teenage orthodontics



Instead of putting up with crooked teeth, an unattractive profile or uneven smile, many teens actually prefer to have problems treated with the finer, 'cooler' modern orthodontics available today. Teenagers usually begin orthodontic treatment following the eruption of adult teeth, between 11 and 13 years of age.

By exerting constant light pressure, corrective appliances will gradually move the teeth to the desired position. This treatment may involve several phases using various appliances to achieve optimum results. Therefore regular appointments will be needed to adjust and maintain the braces.

After a comprehensive examination, we will discuss the options with you and your teenager and recommend appropriate treatment for the best long-term result.