



Why should all kids get a check-up with an orthodontist no later than age 7

What if one can predict the future? The orthodontist at the seven year check up would be doing exactly that - predicting the near future of your child's dentition, based on the clinical records. Having an orthodontist simply evaluate your child can pay big dividends in peace of mind and the knowledge about what future treatment your child may need. If early treatment is needed, the orthodontist may be able to achieve results that may not be possible once the face and jaws have finished growing.

Why is a common practice to ask for braces after 12 years of age?

Old habits die hard! Technology available, a few decades ago, was not as child friendly, as it is now. Attempts of orthodontic treatment, with that technology, quite often ended in failure. The first point of contact for the potential orthodontic patient, the general dentist, is not trained to an extent a postgraduate Orthodontist is, to diagnose and detect developing orthodontic problem, and is not updated with the latest upgrades available with the Orthodontist. He/She continues to propagate the age old dictum. Hence the lapse.

Get the child checked up with an Orthodontist at age 7 years. Follow up as per the Orthodontist's instructions. Thereafter, if it is decided to start treatment after 12 years of age, then so be it. Let an Orthodontist take that call.

Orthodontic/braces specialists receive a 2 to 3 years of specialized education and training at a Dental College, recognised by the Dental Council of India, beyond in addition to the 5 -year basic dental training, training to learn the proper 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 premier 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 an orthodontist.

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

Your Child's First Orthodontic Check-up

No Later than Age 7



Give Your Child the Gift of a Healthy Smile

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The Indian Orthodontic Society, the national association of qualified orthodontists in India, recommends that your child get a check-up with an Orthodontist no later than age 7 years. Think of it as an orthodontic “vaccination” check up. Most of us take the trouble of visiting a pediatrician for our children to get them vaccinated. Even though the child is unlikely to catch any of the deadly diseases for which he/she is vaccinated, we surely get the vaccines administered, as recommended by the paediatrician.

By seven years of age, the child has enough permanent teeth for an orthodontist to determine whether an orthodontic problem exists or is developing. The child's check-up with the orthodontist may reveal that your child's teeth alignment/ bite is fine. Perhaps, the orthodontist may recommend monitoring the child's growth and development. And then, if indicated, may begin treatment at the appropriate time for the child. In other cases, the orthodontist may find a problem that can benefit from early treatment.



Happy Seventh Birthday!
It's time to visit your Orthodontist!



Choosing the Optimal Time for Treatment – Consult an Orthodontist

After the initial check up at 7 years of age, if the teeth and jaws are developing normally, an annual visit to the orthodontist is the way forward. Unless, of course, if the orthodontist has advised you an earlier visit. One way to remember the orthodontist's annual appointment at this stage would be to link it with some important event in the child's calendar year, say, birthday, annual day, etc.. If it appears that your child will need treatment at some point, your orthodontist can advise you about the best time to begin.

How can early treatment help?

Person with temperature of 99 degree F is certainly relatively easier to treat than one with 104 degree Fahrenheit. Similarly if early orthodontic treatment gives the orthodontist an opportunity to

1. Guide jaw growth, something which is very difficult, or not possible after most, or, all growth is over in kids who come in their teenage years
2. Guide permanent teeth into a favourable position. Instead of pulling them into their correct positions, after they have occupied wrong positions in the dental arch
3. Correct harmful oral habits which improve the way lips meet, lowering the risk of trauma to protruded front teeth, which result because of the habits.
4. Improve appearance in many cases, which, in turn, is a major boost to the child's self confidence

Orthodontists can spot subtle problems

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. The following need 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 teeth

Prevention is always better than cure.

Prevent the teeth from mal-alignment, earliest.

Visit an Orthodontist for your child by the age of 7 yrs!

The foundation for an orthodontically sound dentition lies in a good oral care of the child. Good Dental Health Starts Early. As a parent, we ensure the best healthcare for the child. Best dental healthcare, included. The Indian Dental Association recommends that a child's first visit to the dentist must happen by his or her first birthday, or no later than six months from the time the first tooth emerged in the mouth. This way your dentist can alert you to any concerns about how the teeth and jaws are developing.