



Dentist in Anchorage Releases Blog Post on Whether a Retainer Can Be a Replacement for Braces

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Healthy Smiles Dental, a dental practice in Anchorage, Alaska, has provided the answer to the question on whether a retainer can be a replacement for braces in a new blog post. Dr. Terry J. Preece, the dentist at Healthy Smiles Dental, explains in the article that while some patients believe they can simply wear a retainer at night rather than committing to the use of braces or Invisalign, retainers cannot provide them with the perfect teeth that they want if their case warrants braces.

Dr. Terry J. Preece explains, "If an orthodontic issue is mostly minor, a retainer will work perfectly well in place of braces. For example, if only one or two teeth are affected, such as being separated by a small gap, or having grown in crooked, a retainer is certainly appropriate. Just remember, in these cases, the retainer may have to be worn for two years or more to effectuate a permanent treatment."

On the other hand, if the patient has a major dental issue, such as where several teeth are affected, braces would be more appropriate. For instance, those who have gaps between multiple teeth, under bites, cross bites, overbites, and a number of crooked teeth, braces would be recommended for them. This is because retainers are made of materials that are not strong enough to move teeth and put them back in place. In

contrast, braces and Invisalign have the strength and durability to get the job done.

Meanwhile, as indicated by the name, a retainer is designed to keep newly-aligned teeth in their proper positions after braces have been removed. There is a significant difference in keeping the teeth in place and actually moving them to their proper positions. In summary, while both braces and retainers work to adjust and straighten teeth, retainers may only be used if the issue is not so severe, and for major dental issues, braces would be required. Those who would like to read the actual blog post can do so by visiting the Healthy Smiles Dental at <https://www.anchoragehealthysmiles.com/>.

Aside from offering full-care, comprehensive and general dentistry, Dr. Preece also provides cosmetic dentistry services. The American Academy of Cosmetic Dentistry (AACD) defines cosmetic dentistry as being focused on creating a positive change to the teeth and to the patient's smile. The AACD has quantified 36 elements that dentists need to take into account when designing a smile. These include size, shape, color, arrangement, contour, symmetry, gum appearance, surface texture, proportion, and more.

A number of services make up the comprehensive cosmetic dentistry services provided by Dr. Preece at Healthy Smiles Dental. These include: porcelain crowns and bridges, dental implants, smile design, tooth colored fillings, porcelain and composite resin veneers, teeth whitening, teeth contouring, gum contouring, direct bonding, closing spaces and gaps, premium esthetic dentures, and restoring chipped teeth.

Meanwhile, with regards to the comprehensive dentistry that Dr. Preece provides, he ensures that a long-term approach is pursued. This means that the solution he will provide is designed to last for a long time. This means he will consider various factors, including the materials used, the patient's oral habits, the bite forces, general health, and home care habits. This is in contrast to the usual patch and fill dentistry, which would be actually more costly for the patient because it is inefficient and requires more frequent treatment.

Dr. Terry J. Preece earned his dentistry degree from the University of Washington School of Dentistry in 1980. He had maintained a successful private general dental practice with a focus on cosmetics for 28 years in Layton, Utah. After that, he moved to Wrangell, Alaska, where he served dental needs at a community health center. And it was in August 2010 that he and his family moved to Anchorage, where he established Healthy Smiles Dental.

People who are looking for a dentist in Anchorage may want to visit the Healthy Smiles Dental website, or contact them through the telephone or via email. They are open on Mondays and Wednesdays, from 9:00 am to 6:00 pm; on Tuesdays, from 10:00 am to 7:00 pm; and on Thursdays, from 8:30 am to 4:30 pm.

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For more information about Healthy Smiles Dental, contact the company here: Healthy Smiles Dental Dr. Terry J. Preece 907-341-3139 info@anchoragehealthysmiles.com 12501 Old Seward Hwy Suite C Anchorage, AK 99515

Healthy Smiles Dental

At Healthy Smiles Dental, we recognize that dentistry is an art and a science. Our goal is to provide our guests with the smiling, healthy confidence they seek at the greatest level of comfort possible.

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