

Super-Expander Pendulum Resolves Crowded Teeth in Children

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Burke & Redford Orthodontists, an orthodontic practice that serves patients of all ages in Riverside County, is proud to announce an effective way to resolve the issue of crowded teeth in children with the use of a fixed pendulum device.

"Crowded teeth in children is quite common," said Dr. Ryan Redford. "However, if left untreated, teeth may become crooked, twisted, or overlap. A fixed pendulum device is very effective at addressing teeth crowding issues. It acts almost like a "super-expander" to widen the jaw while also pushing the upper molars toward the back of the mouth. This creates a bigger arch perimeter for more teeth to fit in the mouth."

Teeth crowding is very common in children, especially when they begin to lose their baby teeth and their adult teeth start to erupt. During this time, orthodontists will identify whether teeth crowding is going to be an issue and can take steps for early intervention.

This type of early orthodontic treatment is called interceptive orthodontics. The American Association of Orthodontists recommends children visit an orthodontic specialist no later than the age of 7. This allows orthodontists to spot subtle issues with jaw growth and emerging teeth. With younger children, early treatment allows orthodontists to achieve results that may not be possible later in life.

"Children's jaws are still growing and developing," said Dr. Redford. "By using a pendulum device, our orthodontic specialist team can create the space needed for teeth to erupt properly. By addressing issues early, it might prevent more complicated problems later in life. With adults, this type of treatment is not possible because their jaw has already completed development."

Teeth crowding can be mild, moderate, or severe. If left untreated, crowded teeth can lead to serious problems, such as impacted teeth, tooth decay, gum disease, and abnormal wear on teeth. In addition to

these health issues, overcrowded teeth can lead children to be sensitive or embarrassed about smiling.

The pendulum device is placed in the upper part of the mouth. It is made up of several components, including: an acrylic piece that rests near the roof of the mouth; wires and springs that come out of the acrylic piece and attach to the teeth and molars; and stainless-steel rings called bands that are anchored to the upper, back molars.

Once placed, the pendulum appliance widens the upper jaw and makes space for teeth to erupt correctly. The pendulum appliance is worn for approximately 6 to 8 months. Once the necessary space is created, the device is removed and a space maintainer is used to keep the space open as teeth erupt.

The pendulum device accomplishes many of the same goals as orthodontic headgear, but it is less cumbersome, works more efficiently, is more versatile, and does not rely on patient compliance.

Other devices that help reduce teeth overcrowding and other oral conditions in youth are the Nance and lower lingual holding arch devices.

Parents of children with this issue and teens requiring braces in Riverside County may contact Burke & Redford Orthodontists to schedule a free consultation, and the doctors will determine if interceptive orthodontics is the best fit. Offices are in Temecula and Lake Elsinore, California.

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Burke & Redford Orthodontists

Burke & Redford Orthodontists have served the Inland Empire residents in Riverside County with offices located in Temecula and Lake Elsinore for over 30 years.

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