

Self-Ligating Advanced Braces Technology Addresses Social Concerns for Children

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Burke & Redford Orthodontists, a Temecula orthodontist practice that serves youth, teens, and adults in Riverside County, CA, recognizes that straighter teeth and an attractive smile help to address social concerns for children.

"The tween and teen years are often difficult," said Dr. Ryan Redford. "There is a tremendous amount of pressure to fit in with peers. When teens are sensitive about their teeth or how their smile looks, it can negatively affect their self-esteem and lower their confidence. However, modern orthodontic treatments such as self-ligating braces and Invisalign can correct crooked teeth and bad bites fairly quickly."

Self-ligating braces use advanced technology and have several advantages over the traditional metal braces many adults remember from their childhood. One advantage is that the brackets are smaller and available in either metal or clear material, making them much less noticeable. In addition, adjustment time at the orthodontist is shorter, and the smaller brackets are more comfortable to wear.

Correcting crooked teeth and bite problems offer children numerous benefits. One such benefit is that orthodontic treatment can improve speech problems, which might be a source of teasing. In addition, children who are sensitive about the appearance of their teeth and embarrassed by their smiles might cover their mouths, smile awkwardly, or avoid speaking, all of which can lower self-esteem and confidence. However, orthodontic treatment can create a more attractive smile that can increase self-esteem.

"When malocclusions and misaligned teeth are corrected by a kid's orthodontist, there is an immediate boost in self-esteem and confidence," said Dr. Redford. "Seeing one of our patients proudly show off their new smile is one of the most rewarding aspects of the job."

Several studies have demonstrated the benefits of straight teeth. A recent study by Invisalign revealed that

70% of respondents reported that straighter teeth boosted their confidence, while approximately 60% of respondents said they were perceived as happier, more attractive, and more confident. Virtually all respondents reported an increase in self-esteem after straightening their teeth.

This type of confidence boost is particularly important during adolescence as research has shown that teens with low self-esteem are more likely to develop depression and other mental health issues later in life.

In addition to straightening teeth, orthodontic treatment can also address various types of malocclusions (bad bites), as well as teeth crowding, overbites, gaps, and protruding front teeth.

Addressing bite issues can have a dramatic effect on a patient's appearance," said Dr. Redford. "Orthodontic treatment is about a lot more than straightening teeth. Correcting bite issues often helps to improve speech problems, which can be another source of stress for children."

The fear of being the only person with orthodontic appliances such as self-ligating braces is in the past. Today, the majority of tween and teens are receiving or have received treatment from a children's orthodontist. This means that wearing braces is actually a way for teens to fit in with their peers.

Although most patients focus on getting a beautiful new smile, orthodontic treatment also helps with a host of other issues, including improved ability to chew food, decreased chance of cavities and periodontal disease, reduced risk of injuries from protruding teeth, and improved bite and jaw relationships.

Contact Burke & Redford Orthodontics in Riverside County to schedule a free consultation to learn more about orthodontic treatment options, including self-ligating braces.

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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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