Bexley Dental: Why Adults Should Consider Teeth Straightening

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NSW based Bexley Dental is reaching out to reassure their community that there are several treatment options for misaligned teeth, even for adults. Despite the fact that it is much easier to guide a child?s teeth into the right position due to the fact that they are still growing, it is still possible for an adult to get their teeth fixed as well. Bexley Dental advises adults who want to improve their smile to see their dentist sooner rather than later as they have more to be concerned with than the aesthetic quality of their teeth alone. Learn more here: Teeth Straightening Bexley.

?The number of adults seeking orthodontic treatment has risen dramatically over the past two decades,? states the clinic. ?A report from the Australian Society of Orthodontists found that 55% of Australians are self-conscious about their teeth. When asked about the first thing they?d change about themselves, 46% said it would be their teeth, over anything else, including their weight.?

Along with a less confident smile, the clinic says people with misaligned teeth are likely to experience a host of unwanted effects that can impact their quality of life and health, especially as they age. For instance, misaligned teeth can cause joint pain, muscle pain and even tension headaches, and crowded teeth are expected to see more instances of cavities and periodontal disease.

The clinic continues, ?What most people don?t know is that if they have crooked teeth, their enamel is often being worn away by their teeth?s misaligned wear patterns, making it even easier for bacteria to work their way through and create cavities. However, as they come to learn about these symptoms and the fact that their teeth?s orientation may be the cause, more are approaching their dentist for help. We are pleased to inform our community that they can find the answer at Bexley Dental as well.

Even though an individual may dislike their misaligned teeth due to the impact it has on their smile, the clinic notes that some may also avoid going to the dentist to get it fixed because they expect to be told they will

have to wear metal braces. Despite their appearance, they were undoubtedly highly successful treatments, as many adults today will know after having to wear them as children, but Bexley Dental says that dentistry has come a long way since the days of metal braces.

Today?s traditional braces, for instance, utilise far more modern materials and technologies, allowing braces to be far less bulky (and prominent). Further, the majority of their construction can be clear, tooth-coloured or ceramic, allowing them to blend in with the patient?s teeth. Bexley Dental comments that traditional braces are considered the best treatment available for the most complex tooth misalignments, especially those requiring vertical movement or incisor rotations.

However, this is not the only option available. Depending on the patient?s circumstances and needs, they may find that they are an excellent candidate for the Invisalign system, which many consider to be the best solution in the field. Where traditional braces use wires and brackets, Invisalign uses clear aligners that are much more discrete. They are also designed to be comfortable while still delivering the right amount of pressure to direct the teeth into the correct position.

Invisalign utilises a series of clear plastic aligners, which bear a resemblance to teeth whitening trays, to do their job. Each aligner is carefully constructed using 3D imaging technology, and they have to be custom-made for each patient. Bexley Dental says they can even help patients visualise what their smile will look like at the end of their treatment. Patients generally prefer Invisalign to traditional braces because there are far fewer restrictions regarding their behaviour (such as what they can eat), and they are generally faster-acting as well.

All in all, the clinic says there is little to no reason for an adult to be concerned about having their teeth straightened today. Bexley Dental invites them to call the clinic today and schedule a consultation. A dentist will walk the patient through all their options and answer any questions they may have. The clinic will also be able to offer their expert insight and assistance if the patient requires a different type of treatment. Learn more here: Dental Implants Dentist.

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Bexley Dental

Bexley Dental has been caring for families since 1992. Offering everything from regular cleans to advanced dentistry. Dr

Spryakis and his team of experienced dentists, hygienists, and dental nurses pride themselves on keeping their patients smiles healthy

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