

When is the Best Time for Braces?

Although orthodontics can enhance a smile at any age, there is an optimal time period to begin treatment. The American Association of Orthodontists recommends that the initial orthodontic evaluation should occur at the first sign of orthodontic problems or no later than age 7.

Beginning treatment at this time often ensures the best result and the least amount of time and expense. At this early age, orthodontic treatment may not be necessary yet. But for those patients that need treatment, the orthodontist can use their expertise to determine the ideal time to begin treatment in order to achieve the most favorable results.

Early evaluation provides both timely detection of problems and greater opportunity for more effective treatment. Sensible intervention guides growth and development, preventing serious problems later.

Some of the possible results of preventative treatment include:

- Creating room for crowded, erupting teeth
- Creating facial balance by influencing the way the jaws grow
- Reducing the risk of injury to protruding front teeth
- Preserving space for unerupted teeth
- Reducing the need for tooth removal
- Reducing total time in braces



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