

# The Importance of Early Orthodontic Evaluation: 6 Advices for Prevention

Bruna Egumi Nagay\*

Department of Oral Medicine & Radiology, Royal Thimphu College University, Thimphu, Bhutan

## Opinion Article

**Received:** 28-Feb-2022,  
Manuscript No. JDS-23-94061;  
**Editor assigned:** 03-Mar-2022,  
PreQC No. JDS-23-94061 (PQ);  
**Reviewed:** 17-Mar-2022, QC No.  
JDS-23-94061;  
**Revised:** 24-Mar-2022, Manuscript  
No. JDS-23-94061 (R);  
**Published:** 31-Mar-2022, DOI:  
10.4172/2320-7949.11.1.007

**\*For Correspondence:**

Bruna Egumi Nagay, Department of  
Oral Medicine & Radiology, Royal  
Thimphu College University,  
Thimphu, Bhutan

**E-mail:** BrunaEN@gmail.com

**Citation:** Nagay EB. The Importance  
of Early Orthodontic Evaluation: 6  
Advices for Prevention. RRJ  
Dent Sci. 2023;11:007.

**Copyright:** © 2023 Nagay EB. This is  
an open-access article distributed  
under the terms of the Creative  
Commons Attribution License, which  
permits unrestricted use,  
distribution, and reproduction in any  
medium, provided the original  
author and source are credited.

## ABOUT THE STUDY

Orthodontics is a specialized field in dentistry that deals with the diagnosis, prevention, and treatment of dental and facial irregularities. Orthodontic problems include issues with the alignment, spacing, and bite of teeth. These problems can be caused by genetics, injury, or habits such as thumb-sucking or mouth-breathing. Orthodontic treatment can help reduce these issues and improve the appearance, function and health of the teeth and jaw.

However, prevention is always better than cure. In order to prevent orthodontic problems, it is important to take care of your teeth and oral health from an early age. Here are some advices on how to prevent orthodontic problems:

**Practice good oral hygiene**

Maintaining good oral hygiene is the first step in preventing orthodontic problems. Brush your teeth twice a day with a fluoride toothpaste to remove food particles and plaque from between your teeth, and use an antiseptic mouthwash to kill bacteria that can cause tooth decay and gum disease. Regular dental check-ups and cleanings are also important to detect and treat any dental problems early on.

**Avoid bad oral habits**

Habits such as thumb-sucking, nail-biting, and mouth-breathing can affect the alignment and development of teeth and jaw. Children should be encouraged to break these habits early on to avoid orthodontic problems later in life. Using a pacifier or bottle for too long can also cause dental problems, so it is important to wean children off them at an appropriate age.

**Wearing a mouth guard**

Sports injuries can cause damage to teeth and jaw, leading to orthodontic problems. Wearing a mouth guard during sports activities can help protect your teeth and jaw from injury. Mouth guards are available in different types and sizes, so choose one that fits well and provides adequate protection.

**Limit sugary, acidic foods and drinks**

Consuming too much sugar and acid can erode the enamel of teeth, leading to tooth decay and other dental problems. Limit your intake of sugary and acidic foods and drinks such as soda, candy, and fruit juice. If you do consume these foods and drinks, rinse your mouth with water afterwards to help neutralize the acid and prevent damage to your teeth.

**Visit an orthodontist for early evaluation**

Early detection and treatment of orthodontic problems can prevent more serious problems from developing later on. The American Association of Orthodontists recommends that children have their first orthodontic evaluation by age 7. An orthodontist can detect and treat any problems with the alignment and development of teeth and jaw at an early stage, which can save time, money, and discomfort in the long run.

**Follow your orthodontist's instructions**

If you do need orthodontic treatment, it is important to follow your orthodontist's instructions carefully. This includes wearing any appliances or braces as directed, avoiding certain foods that can damage the braces, and attending all scheduled appointments for adjustments and check-ups. Failure to follow these instructions can prolong the treatment time and increase the risk of complications. Preventing orthodontic problems requires good oral hygiene, avoiding bad habits, wearing a mouth guard during sports, limiting sugary and acidic foods and drinks, early evaluation by an orthodontist, and following your orthodontist's instructions during treatment. By following these advices, you can help maintain good oral health and prevent orthodontic problems from developing.