

Orthodontic treatment: general dentist vs specialist orthodontist? - Smile Solutions

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. An orthodontic treatment plan can then be proposed which details options, duration, frequency, risks, benefits and costs. Common options include braces , sequential clear aligners (e.g. Invisalign® or Invisalign Teen®), arch expanders, removable plates and headgear. Another option that is sometimes considered for crowding is the extraction of some teeth to provide space for alignment. Braces offer a high degree of control and accuracy in moving teeth and are also available in a ceramic form to minimise the amount of visible metal. Full orthodontic treatment generally requires wearing braces for two years, with adjustments every four to eight weeks. Sequential aligners are clear and less visible than braces and may be a suitable alternative in some patients. Many of the other appliances used in orthodontic treatment are suitable for growing children and can optimally influence jaw growth. After completion of treatment, discreet retainers are worn to keep the teeth in their final position. Patients can usually be weaned off using them, but in some cases they are worn permanently. Making an orthodontic appointment If you do not have a regular general dentist to refer you to an orthodontist don't worry. You can contact any specialist orthodontic practice for an assessment without a referral. The orthodontist will advise you to have a check-up with a general dentist before starting orthodontic treatment. This way both the general dentist and the orthodontist will work together to provide you with best clinical care. If you do start orthodontic treatment, you should continue to see your general dentist for check-ups and cleaning. This will help to keep your teeth healthy during the orthodontic treatment. For a free consultation with one of our registered specialist orthodontists, please call Smile Solutions on 13 13 96 . Remember that all orthodontists are dentists but not all dentists are orthodontists. Uncover more from Smile Solutions View Blogs All Dr Andrea Phatouros 16 May 2014 Will my teeth need retainers after I've had braces? Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More Specialist Care Dr Kia Pajouhesh 18 Aug 2026 Complex Dental Cases: What Happens When Multiple Specialists Need to Collaborate Read More All Dr Andrea Phatouros 16 May 2014 Will my teeth need retainers after I've had braces? Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More Specialist Care Dr Kia Pajouhesh 18 Aug 2026 Complex Dental Cases: What Happens When Multiple Specialists Need to Collaborate Read More All Dr Andrea Phatouros 16 May 2014 Will my teeth need retainers after I've had braces? 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