



Smiling from Bet Shemesh to Jerusalem with Smile Talk

With Drs Lavi and Gherman

Before we start with smile talk, I'd like to introduce a good friend and colleague, Dr. Edo Lavi. Although we do not share a practice together, Dr. Lavi and I are constantly updating each other on the newest technologies in orthodontics, and challenging each other on how best to treat complex cases. As such, we thought it would be unique to write this column together, and show the reader how at times two American orthodontists can agree and disagree on various issues.

What is the best time to start orthodontic treatment?

With regard to starting treatment, every child is different. However, the American Association of Orthodontics recommends that every child be seen by the orthodontist starting from 7 years old for an orthodontic evaluation.

Paging Dr. Lavi ...knock knock ...Do you have anything to add?

Dr. Lavi: Hey Dr. G. this is great, I am so excited that we are in Business Magazine together! I can see this will be a lot of fun, and great for our readers as well!

Yes, I agree. Starting at age 7 we can often detect problems that are starting with the bite, and we can either correct them or prevent them from snowballing out of control. Some examples of early problems are teeth that are stuck or that stick out that present a risk for trauma, damaging habits, and jaws that are growing in the wrong direction.

Dr. G I know we have often discussed the best approach in treating early underbites, that's when the patient's lower jaw walks into our office first, why don't you go for it.

Dr. Gherman: Thanks Dr. Lavi, yes underbites can and should be treated early on. Let me start by discussing the three types of skeletal patterns:

- Class I:** Both jaws are growing in unison.
- Class II:** The upper jaw is outgrowing the lower jaw and/or the lower jaw is lagging behind the upper jaw. This results in an abnormal over-jet, or what is generally known as buck teeth.
- Class III:** The lower jaw is outgrowing the upper jaw and/or the upper jaw is lagging behind the lower jaw. This results in a front cross-bite or underbite.

In this article we will focus on how we correct the underbite

in children who have the class III pattern. Very often when the upper jaw is not long enough it is also not wide enough which leads to a cross-bite on the back teeth as well.

There are generally three treatment tools we use to correct underbites:

- 1. The Expander:** This widens the upper jaw and stimulates it to grow forward.
- 2. Reverse pull headgear:** This is worn at home and also helps the upper jaw to grow forward.
- 3. Temporary braces:** These braces help to straighten and tilt the teeth forward giving them the final push they need to jump the under-bite. They are called temporary because they are used in early treatment for only 6-8 months.

Correcting an under-bite at an early age does not guarantee that your child will not need full braces later on, but it will have the following benefits:

- It will help create a more balanced growth pattern.
- Allow for better chewing and digestion.
- Build self-esteem
- Prevent serious wear on your child's permanent teeth
- It can help to prevent your child's bite from becoming so unbalanced that only surgery can correct the problem.



*"Before and After" pictures of Dr. Eliyahu Gherman patient.
"Taking care of an under-bite at an early age can prevent serious problems from developing later on"*

If you suspect your child has or is developing an underbite, please stop by for a consultation, and we will be more than happy to discuss any further details with you and your child.

I wish everyone a shana tova ...wonderful, healthy, and filled with many, many smiles! ■

Call the office to set up your free consultation. We are located at 15 Ibn Gevirol Street in Rechavia. The numbers are 02 5619770 and 02 5619780 and our hours are Sunday to Thursday 8-3, Wednesday 8-7 and Friday 8-12.