



Your Smile



The Orthodontic Myth Busters

Episode 4: The Case of: The Quix Fix vs The Long Road -

Am I Being Taken for a Ride?

Dr. Eliyahu Simcha Gherman

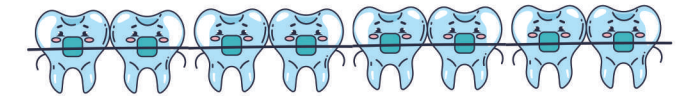
As a health care provider one has to be well trained in their field, but also on the lookout for dangerous misconceptions that lurk amongst us. When we are able to right the wrong, bust the myth, and save the public much anguish and grief, we gladly proclaim "Mission accomplished!"

"Goldy just got her braces off!" Chani exclaimed, "Ten months and she's smiling from ear to ear, while I've had my braces already for two years! Doc says I'm finishing up but it could take another 4-6 months!"

"So ask Doc to explain to you why fixing your smile is taking longer," answered Chani's mom.

Chani called Doc, ready to give him *musar* for going so slow. Sometimes all he did was change her colors! Well, she certainly had her myths busted after she understood that Doc was doing everything right so she would have a healthy beautiful smile that would be stable and strong.

"Listen, Chani, I know it's hard when some of your friends finish faster than you. But I'm sure you'll agree that no two smiles are the same. I can make a general estimate of how long treatment might take, but one of the main factors that determine duration is the complexity of the case. When your jaws are severely mal-aligned and thus the bite is very bad, it not only makes it harder to first align your jaws, but, while doing so, all the variables that take place in your mouth are accentuated and slow down my work. Did you know that Hashem made every tooth to allow for the least amount of trauma as your teeth go through motions thousands of times a day in what is called the 'envelope of mastication'. Also, there are issues of habits (nail and pencil



biting, for example), tongue posture, grinding, muscle tone, thick gum tissue, denser bone, and more. The challenge is to regain the balance in your mouth by getting rid of the etiology that caused the problems in the first place. Some of your friends have equal jaws and good bites - just some crowding of their front teeth, which doesn't take long to fix. Sometimes, your braces need to be reactivated by changing your ties because the mouth can even be stronger than the braces and it gives me a chance to see how your

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teeth are responding," said Doc.

"Doc I'm really sorry. Now I understand that you are working really hard to fix my complicated bite," apologized Chani.

"I feel bad, too," Doc replied, "Because complicated orthodontic bites are quite unpredictable. I try to have the average 'poor bite' patient wear braces for 18-24 months. That is ideal. You should also be very serious about keeping your gums and teeth healthy, seeing your dentist and hygienist at least once every six months, coming to your appointments and really listening to instructions. This will help your treatment go as fast as possible.

One last word of advice, remember that nothing lasts forever. Sometimes, it feels like it will, but eventually, the treatment will be complete and you'll be saying hello to your beautiful new smile and goodbye to your orthodontist. I hope you come back to visit; our patients are like our family and are always welcome to stop in and schmooze.

Stay tuned for the next episode of The Orthodontic Myth Busters

Dr. Eliyahu Gherman's main office is located in Ramat Bet Shemesh-A, Nachal Tamar 1 (02-992-3363, simchabraces@gmail.com). He also works in Rechavia (02-561-9780). We are always looking for the most comfortable, fastest and ideal way to give you a healthy and beautiful smile.



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