Braces can actually be bad for your oral health!
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Introduction:
Orthodontics has the potential to cause significant damage to hard and soft tissues. The most important aspect of orthodontic care is to have a high standard of oral hygiene before and during orthodontic treatment. Root resorption is a common complication during orthodontic treatment but there is some evidence that once appliances are removed this resorption stops. Soft tissue damage includes that caused by archwires but also the more harrowing potential for headgears to cause damage to eyes. It is essential that adequate safety measures are included with this type of treatment. (1)

Complications
- Enamel demineralisation
  most commonly affected are maxillary lateral incisors, maxillary canines and mandibular premolars (fig. 1)
- Pulpal reactions
  Some degree of pulpite is expected with orthodontic tooth movement which is usually reversible or transient. Rarely it leads to loss of vitality. (3)

- Enamel trauma
  Care is required when large restorations are present since these can result in fracture of unsupported cusps. (2) (Fig. 2)

- Root resorption
  occur on the apical and lateral surface of the roots. Many cases will not show any clinically significant resorption. (4)

- Periodontal tissues
  Resolution of inflammation usually occurs a few weeks after debond, bands cause more gingival inflammation than bonds. (Fig. 3)

- Allergy
  It was found that there is a significant release of nickel and iron into the saliva of patients just after placement of brackets. (5)

- Trauma
  Occurs especially where long unsupported stretches of wire rest against the lips. (Fig. 4)

Conclusion:
Orthodontic treatment is a very useful thing but there are complications for it, to avoid them good oral hygiene and doctor instructions must be followed.

References: