



# 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)



Fig.1:Decalcification on labial surfaces of numerous teeth

### Pulpal reactions

Some degree of pulpitis 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)

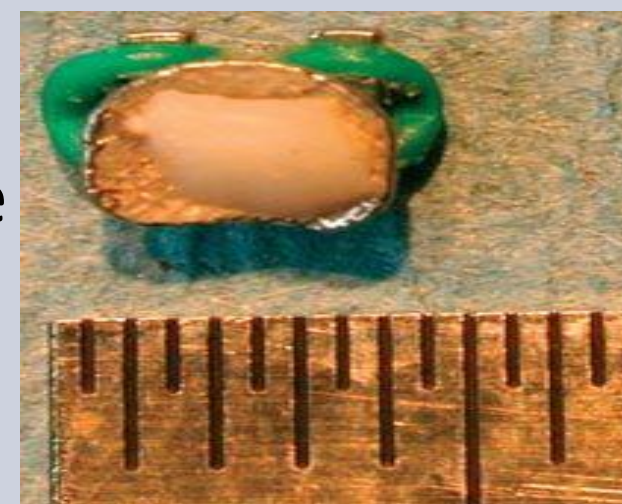
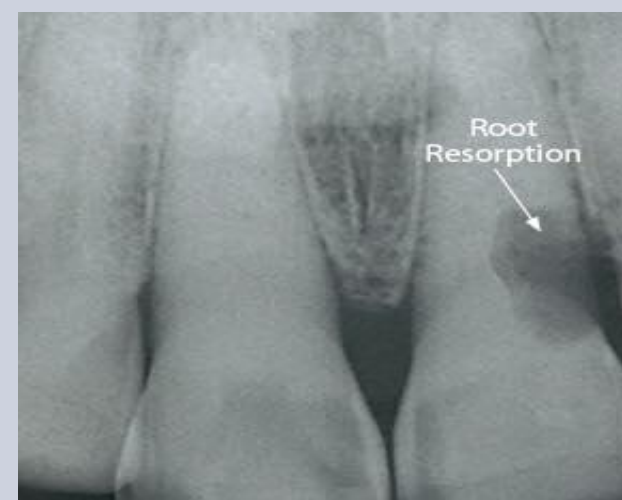


Fig.2:Enamel fracture at debond

### 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)

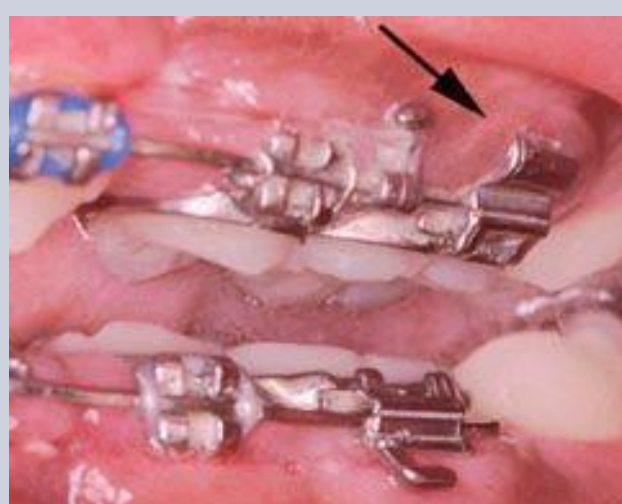


Fig.3:Severe gingival inflammation during fixed appliance treatment.

### 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)



Trauma to the cheek from an unusually long distal length of archwire resulting in an ulcer

## 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:

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