

# Does my Child Need Braces?



**EAST TENNESSEE**  
**ORTHODONTICS**

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## About this Report

Thank you for your interest in achieving your child's best and healthiest smile. "Does my child need braces" is one of the most common questions that orthodontists are asked. Know that you are not alone in your search for the answer to this question and have come to the right place. After reading this report you should have a better understanding that having an orthodontic examination is an important part of childhood and the possible role an orthodontist may have in your child's life.

As an orthodontist, it is my privilege to educate my patients and their parents on the benefit of braces and other orthodontic treatments. Throughout this report, I'll be addressing what problems an orthodontist can identify at an early age, what benefits can be obtained by early treatment, why choosing a specialist is important, what happens if my child is not ready or doesn't need braces, and ways to afford orthodontic treatment. I look forward to meeting you and your child and answering any further questions that you may have. Please call my office at **865-312-6264** to set up your complementary examination.

All the Best,



Dr. Justin Trisler, DMD, MS

## How soon can you tell?

It's one of those amazing parenting moments when a child gets their first tooth. Soon after that, others follow and foods become more and more diverse. Infants grow up too fast and quickly become little boys and girls. Some of those baby teeth become loose and fall out and the first adult teeth begin coming in. This is time to when you as a parent should begin to think about getting your child his/her their first orthodontic examination. The American Association of Orthodontist recommends an orthodontic examination by **AGE 7**. This is an important age because orthodontists can begin to get a picture of how the child's adult teeth and jaws are developing.



At age 7 most visits to the orthodontist involve only a quick exam and appropriate x-ray. In only a small percentage of patients (5-10%) some treatment may be recommended to ward off more serious developing problems. This early treatment is referred to as "Phase 1 or Interceptive Orthodontics". Treatment at this age may also benefit a child's social development. If your child is being bullied or teased because of their teeth, early correction can give them a new self-confident smile and lead to increased development of important social skills during their formative years.

## What problems can develop early.

Many parents believe they should be able to look at their child's teeth and bite and tell if there is a problem. Some think that their child will tell them if there is a problem. While some orthodontic problems are obvious and can be easily detected, others take the trained and experienced eye of an orthodontist. Exams at East Tennessee Orthodontics are complimentary and Dr. Trisler is always a terrific choice to identify a present problem or determine if there may possibly be a problem in the future.

Some problems that can be detected at an early examination include:

- Crooked Teeth
- No room for future teeth
- Gum problems due to crowded or misplaced teeth
- Missing or extra teeth
- Loosing baby teeth too early or late
- Problems with the way teeth come together (the bite)
- Misaligned jaws
- Cross bites
- The effect of habits such as thumb or finger sucking
- Airway and breathing Issues

As you can see, orthodontists are looking for a variety of issues that may not be noticed by you or your child. The best practice for peace of mind is to take your child to a complimentary East Tennessee Orthodontics examination by age 7.

## What problems can develop early. (cont.)

Remember that most children (around 90%) don't need treatment at this age and can wait until they are older for orthodontic treatment. Dr. Trisler may recommend placing your child in our 7&UP program which usually involves a quick check every 6 months until a possible need arises for orthodontic treatment.

Like most other health related issues, the key is early detection and diagnosis. All the above problems are usually corrected more easily and efficiently when caught early. This ultimately allows for the very best orthodontic treatment and outcome for your child.

**Before**

(actual case)

**After**



## What if my child doesn't need braces yet?

You may have believed that your child had about one of the issues with their teeth or jaws spoken about above only to be told that braces weren't needed after your orthodontic examination. That's great news!

Over the next years your child will go through many changes; growing up before your eyes. Their teeth and jaws will also change, too. A partnership with your orthodontist is very important so we can continue to monitor them as they grow. There is always a best time to put braces on. It may be now, or it may be later.



Our East Tennessee Orthodontics 7&UP program usually involves a quick examination every 6 months. This allows us to screen for and catch any potential problems with the teeth, gums, and jaws as they begin. Seeing your child as they grow up, the “best time” to put braces on can be more effectively determined. This “best time” grants us the best and most effective treatment options to save your child time in braces or additional costly procedures.

Continuing regular complementary orthodontic check-ups is part of a healthy lifestyle.

## Why should I see a Specialist?

Many people wonder why they should see a specialist for their orthodontic care especially if their primary care dentist provides this service in their office. While a primary care dentist is an important part of taking care of your child's teeth, they simply cannot offer the expertise an orthodontist can.

Usually people are very familiar with specialists in the medical field because they can't see one unless they are referred and their

*Simply the Best*

insurance approves it, but there is often confusion about what constitutes a dental specialist. Unlike a specialist in medicine, a dental specialist has completed the same initial training that a primary care dentist has, which is typically 4 years of dental school. After dental school, a specialist then goes through a rigorous selection process to concentrate on one specialized area of dentistry. An orthodontist devotes 2-3 years of additional training to learn how to properly align teeth and jaws. Their entire practice is built around straightening teeth and their continued learning is focused on the best ways to do this. You don't even need a referral or insurance approval to see us!

Orthodontists are the experts when you think about the best choice for treatment of your child. They will closely work with your child's current dentist to ensure they have the most beautiful and healthiest smile possible.



## What if I missed taking my child until now?

You may be thinking, oh boy my child is now a teenager and has never seen an orthodontist. Don't worry; remember around 90% of our patients don't require any early treatment. The vast majority of orthodontic patients begin their treatment between the ages of 10 and 14. If your child did fall in that other 10% that could have benefited from early orthodontic treatment, their treatment may sometimes be more complex than average and/or require additional time in treatment.

It's never too late to have an orthodontic examination for your child. A great smile is one of the best gifts that we can give our children. It is something that they can take with them everywhere they go. It will be a gift that they can share with others every day for the rest of their lives!



## How do I pay for this treatment my child needs it?

At East Tennessee Orthodontics, another common question that we hear is: If braces are needed, how do we pay for them? We realize that many of our patients do not have dental insurance that will cover cost associated with orthodontic treatment. Even those that have dental insurance may realize that it will only cover a portion of their total treatment cost. We will be happy work with your insurance carrier to collect your total covered cost and even file the insurance for you.



Like most healthcare related procedures today, the cost of braces is not inexpensive. We are sensitive to this and do not want this cost to hinder any of our patients from recommended treatment. Crooked teeth can lead to more expensive problems if not addressed and we want the best and healthiest smile possible for all our patients.

These are just a few of the recommendations and ways to pay for orthodontic treatment if you need it:

- **HSA accounts** – Health Savings accounts are a great way to save for necessary health related procedures. Orthodontics is a qualifying expense. These accounts can be set up through an employer and allow savings of pre-tax dollars to be set aside for future health care expenses.

## How do I pay for this treatment my child needs it? (cont.)

Families are now allowed to save over \$6700 of pretax income per year in these accounts. These HAS funds can be used now or later for your child's orthodontic treatment.

- **Payment Plans** – East Tennessee Orthodontics works with our patients to customize a no interest payment plan that is paid monthly over the course of treatment. Many of these payments plans can even be started with no down payment. Payment plans are set up as a direct debit through your bank account or credit card to make payments easy and convenient.
- **Financing** – Outside financing is another option for paying for orthodontic treatment. Loans from family, friends, or more traditional financial institutions may be available to you. These loans can sometimes be low interest and can be structured on your terms to make them affordable so your child can get the necessary treatment they need.

Don't let the cost of braces discourage you from getting your child treated. We are here to listen to your needs and to personalize a solution for you. We understand how important and life changing straight teeth that function well can be. Come see us and let us work with you.

## **Thank You!**

I was fortunate enough to have braces growing up. I remember my orthodontist telling me that the best part of his job was his patients' reaction to their new smiles when their braces came off. I enjoyed my experience with my orthodontist so much that I knew I wanted to be one since early high school. I have a confident smile today because of my orthodontist and my parent's willingness to provide me the treatment I needed.

Come see what makes East Tennessee Orthodontics special. We are about relationships and taking the best care of our patients possible. You and your child may spend many years at our office and we want to make sure you feel comfortable with us at every visit.

Thank you again for reading this report and I hope you found it useful. I've only addressed a few of the most common questions here and would be happy to address anything else during a complementary exam. Be sure to share this report with anyone you know that is considering orthodontic treatment for their loved ones. We hope to meet you soon and we look forward to meeting you and your child when you need us.