

BRACES

Q:

When I was younger, I realised that my teeth were not properly aligned and there were significant gaps between each tooth. However, I did not wear braces due to financial constraints then. I am now 45 years old and considering getting braces. Is it too late to do so and are there any risks involved?

A:

No one is too old for braces! Today, with better health and dental care and advanced technology, having braces is not as painful. More adults are opting for orthodontic treatment.

It is not your age that determines whether you are suitable to wear braces. Instead, the factors to consider are:

- **Periodontal health:** Periodontal or gum disease can lead to a loss of tooth-supporting bone. Dentists or orthodontists will need to be aware of this condition as orthodontic treatment involves moving teeth that are attached to the supporting bone. Therefore, it is important to make sure that your gum is healthy before getting braces.
- **General health:** There are some medical conditions that may contraindicate installation of braces. Examples include severe uncontrolled diabetes, leukaemia, bleeding disorder and heart-valve disease.
- **Medication:** Some drugs used for arthritis or osteoporosis can make tooth movement more difficult.



Dr Raymond Lim

Dr Raymond Lim graduated from the National University of Singapore with a Bachelor of Dental Surgery (B.D.S.). In 2013, he founded the B9 Dental Centre, which has placed emphasis on acquiring latest medical technology, maintaining strict hygiene standards and providing quality services to the

patients since the beginning. Thanks to the clinic's comprehensive expertise and trusted service, Dr Lim has seen early success, with the current three clinics opened within the first year of operation to meet the increasing demands and requests from the patients, ensuring high customer satisfaction.

For the past three years, B9 Dental Centre has always been providing quality services at a price which is fair, reasonable and transparent. It has garnered recognition from the patients and in the industry through various awards, motivating Dr Lim and his team to work even harder. The team hopes to change the way people see and understand dental care, and to offer better service to the patients.

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- 2016** The Prominent Brand
- 2015** The Entrepreneur of the Year (EYA)
- 2015** EYA for Social Contribution
- 2015** The Industry Star Winner
- 2015** Top 10 Special Achievement in Excellence in Patient Care
- 2015** International Chinese Entrepreneur
- 2014** Top 10 Special Achievement Awards in Dental Care



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• **Bone growth:** Bones will stop growing during adulthood, thus some dental structures cannot be changed and it may take longer for you to straighten your teeth as compared to a child's teeth. However, it varies from person to person.

Fortunately, today's technology allows us to choose from a variety of treatments that are now less painful.

• **Traditional metal braces:** These can straighten crooked teeth effectively and quickly. If you have more than a mild overcrowding issue, a prominent overbite problem or your teeth require more extensive straightening, traditional metal braces are probably the best option.

• **Ceramic or clear braces:** Using clear wire and brackets, these braces blend in well with the teeth, thus they are less noticeable. They tend to cost more than metal braces.

• **Lingual braces:** These are placed on the back of your teeth instead of the front in order to hide metal brackets. The downside of these braces is that they can irritate the tongue and cause speech problems. They also tend to be much more expensive and require more care than traditional braces.

• **Invisaligns:** Popular among elderly users, Invisaligns are clear, removable plastic trays that fit over your teeth. You can take them out before eating and brushing or flossing your teeth. They can gradually straighten teeth after 1 year, but some may need a longer time, depending on the degree of misalignment.

• **Six Month Smiles:** If there is a minor misalignment of your teeth, you may want to consider Six Month Smiles, which can straighten teeth in about 6 months.

Besides these options, there are also veneers - a quick way to fill up small gaps or chipped teeth without moving your teeth. These thin, tooth-colored layers of porcelain will be placed on top of your existing teeth. Do bear in mind that your dentist may shave off part of your original tooth before putting them on.

If a better smile is something you are looking for, or if you have a bite problem, schedule a time to consult your dentist or orthodontist on your treatment options, as well as the possible health implications involved. **PRIVILE**