

Polishing Between the Teeth

Straightening teeth is a clear goal of orthodontic treatment. A clinical dilemma often involves the degree of dental crowding. Some patients present with large teeth and small jaws, which results in severe crowding. These patients clearly require extraction of some key permanent teeth to create adequate space for orthodontic correction.

Many patients present with borderline dental crowding. Our practice has a conservative approach towards extractions and is always considered a last resort.

Often the best treatment approach for minor to moderate dental crowding is to polish between the teeth thus avoiding extractions. This clinical technique has evolved over many years and is well documented in the orthodontic literature.

The advantages of tooth polishing are substantial. This technique is safe, comfortable, precise and conservative with no long-term side effects to the enamel. Tooth polishing creates microspaces between the teeth for tooth alignment.

There may be some minor irritation to the gums, which will settle after the procedure.

In summary, polishing between the teeth prevents the need for tooth extractions in minor to moderate dental crowding cases, especially when combined with either traditional braces or Invisalign.

