

High-Performance Braces, the Non-Extraction Technique

Written by Keith R. Dobrin, DMD, MBA

When we evaluate patients at their consultation appointment, often times the primary concern is crowding of the teeth. Over time this results in mal-alignment, rotations, and overlapping creating an unhealthy smile that requires intervention. Patients (and their general dentists) become concerned about esthetics as well as function and periodontal health, resulting in an evaluation to determine the best treatment plan at our offices. So how do we fix moderate to severe crowding of teeth? I'm sure you've heard of the antiquated or "old-school" treatment option where orthodontists will recommend extractions of healthy permanent teeth. Not at our offices, great news!

At Bancroft-Dobrin Orthodontics, we rarely if ever prepare a treatment plan that requires extractions of permanent teeth in cases of crowding (unless it is 100% necessary for health and stability of the adjacent teeth). How can we achieve this you may ask? The answer is simple – high-performance braces using the passive self-ligation technique, or more easily, Damon braces. Our three orthodontists have been certified for almost a decade, and are highly experienced in utilizing these specialized braces when needed to resolve severe crowding and also patients requiring bite correction. Not to mention, we have many hundreds if not thousands of incredible smiles to show for it. So how does it work?

Damon braces are special in that they reduce friction – a component of tooth movement that if reduced or eliminated, results in a passive and comfortable experience for the patient throughout the duration of treatment. The mechanism of action is simply a door that opens and closes to hold the wire in place rather than the little rubber bands that are tied around traditional braces. Don't get me wrong, there is a time and place for traditional braces with fun colors, but when presented with the opportunity for the alternative, Damon braces are premier. Studies have shown that patients that are candidates for this system will have less reported discomfort, fewer if any emergencies, and faster treatment times. We have seen it ourselves and agree with the studies. Another exciting thing is that these braces also come in a clear form that doesn't stain! Although we do a significant amount of Invisalign and clear aligner treatments at our offices, Damon clear braces have really surged in the past few years, especially with adults and young adults. So a comfortable, barely noticeable, and proven treatment option to resolve crowding, overbites, and deep bites? Sounds like a no-brainer!

This unique system also has specialized orthodontic wires, each containing its own specialized properties for the specific movements we are looking for. The process starts with light and comfortable wires to initiate tooth movement, and from there progresses to stronger wires to target more detailed movements. With shape memory and high resiliency, these wires work for a minimum of 8-10 weeks at a time – I can't stress enough how much we and our patients with Damon braces valued this system during the pandemic closures. It also benefits those who are not able to be seen in a typical 4-6 week interval, including out of state college students, working parents who have limited availability, and adolescents with busy after school schedules including sports and other activities. The adjustment visits take a matter of minutes, if that. Come visit us at one of our Bancroft-Dobrin Orthodontics locations to determine if Damon braces are for you! Wishing you and your families good health and all the best!

Dr. Keith Dobrin (from *Bancroft-Dobrin Orthodontics* and *XtraOrdinary Smiles Orthodontics*) is a recognized orthodontic specialist with a degree in Advanced Education in Orthodontics and Dentofacial Orthopedics. His research on braces adhering to teeth has been published, and given his experience and expertise, he has been

selected to test various orthodontic products from national companies. Schedule your complimentary consultation appointment today!