



PROTECT PROTRUDING TEETH FROM DAMAGE AND LONG-TERM CONSEQUENCES

Children with their first or early adult set of teeth that stick out have an increased chance of damaging them, but the risk can be easily reduced without being prohibitively costly. A study of more than 50,000 children aged under 19 years confirms a direct link between the degree to which a young patient's teeth protrude and the chance of damaging them.

Traumatic dental injuries have been identified as the fifth most prevalent disease or injury globally and their subsequent management is costly. While the number of traumatic dental injuries has fallen over recent decades, they have significant physical, psychological and economic consequences.

Young children up to the age of six years with teeth that stick out more than 3mm have over three times higher chance of trauma than children without protruding teeth. Children over six years with teeth that protrude more than 5mm have over double the chance of trauma.

Corrective orthodontic treatment of children's teeth isn't usually undertaken until all permanent adult teeth have come through-usually after the age of 12 years. However, an expensive visit to an orthodontist isn't essential to protect teeth that stick out.

A dentist can easily measure how far a child's teeth stick out and recommend whether they should be fitted with a brace. They can apply simple braces which can reduce the prominence of protruding teeth and significantly reduce the chance of them being damaged,

If children suck their thumb this may also cause the teeth to stick out so they should be discouraged from this habit as early as possible. Children should also wear a mouth guard to protect protruding teeth when playing sports.

Presented as a service to the community by

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