



**North Shore Orthodontics answers:**

## **What's the best age to get braces?**

It's natural to want your child to have a beautiful, healthy smile as soon as possible, although sometimes it's more practical to wait for growth and for most of their adult teeth to erupt. There is no definitive 'best' age to undergo orthodontic treatment; it varies from child to child and the issue that's being treated.

Dr Matthew, a specialist orthodontist at our Sponsors, North Shore Orthodontics, explains: *'Most children will not start treatment until 11–14 years of age; however, we recommend a first orthodontic assessment for children between 7–9 years of age. The majority will have a mix of adult and baby teeth by this age, which will help determine if there are any developing problems such as misalignment of the jaws, crowding or overbite issues. Some children benefit greatly from early intervention as we can take advantage of natural growth or prevent damage occurring. Having an early orthodontic assessment is important, as wearing certain appliances may reduce a child's time in braces later and may also make treatment more effective.'*

### **Free Review Program**

*'Another advantage of screening your child early is that they will be placed in our **Free Review Program**,'* Dr Matthew explains, *'After their initial assessment, we like to see children annually for a quick review visit to monitor their growth and development. This way we can make sure their orthodontic treatment starts at the best possible time for them, which gives parents peace of mind. We do not charge for these visits, which is great news for families.'*

### **Modern Braces**

Advanced technology and materials are used in modern braces and work more efficiently than in the past; they are much smaller and more comfortable than ever. You'll often see braces jazzed up with colorful elastic modules, to make them fun and fashionable for kids. Alternatively, ceramic braces are tooth-colored and discreet.

## Invisible Braces

Any age can be the 'right' age if you want to improve your smile, bite and confidence. More adults are wearing braces because of the aesthetically pleasing options available today, including clear aligners such as the brand Invisalign™. These aligners are termed 'invisible braces' due to their subtle appearance. They are transparent in colour and custom-made to fit snugly on your teeth, a bit like a mouthguard.

Dr Matthew says, *'We understand that each person is different and at their initial assessment we like to talk about any concerns they may have and clearly explain their treatment options. It's important that each patient feel confident about their decision and is happy with their choice of treatment plan.'*

## Costs Involved

Orthodontic costs vary depending on the treatment needed and will be explained and set before treatment commences. At North Shore Orthodontics we offer flexible, interest-free payment plans to suit most budgets. If you have health insurance, you may also be entitled to claim a portion of the treatment cost from your health fund.

## Why see a specialist at North Shore Orthodontics?

We all want to look our best and that includes having the best smile that we can have. Teeth, and sometimes entire facial structures, are permanently changed by orthodontic treatment and that is why you want the most qualified person with the expertise to create your smile or correct your bite. Our specialist orthodontists are experts in the field and have several decades of combined experience. As specialist orthodontists our practice focuses solely on orthodontic treatment all day, every day, using the latest orthodontic treatments and technologies.

## Exclusive Lindfield Football Club Sponsor Offer

\*ALL soccer players, their siblings and parents receive a no gap orthodontic assessment i.e., no out-of-pocket expenses if you have dental cover, or a 50% discount if you do not have private health cover.

\*FREE REVIEWS each year so that treatment can be started at the ideal time.

\*Simply call our friendly team on 9418 1660 to book your assessment and mention this offer. It helps our club too!

\* No referral is necessary

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