

## OVERBITE



5. **Overbite:** Upper front teeth overlap over lower front teeth too much. Lower front teeth often bite into the gums of the roof of the mouth causing gum irritations. Food is impacted into the crevices between the gums and teeth. This promotes gum disease and bone loss around the upper and lower front teeth.

## SPACING



6. **Spacing:** Spaces between the sides of the teeth (diastemas) that should not be there are due to congenitally missing teeth, lost teeth, overbites or teeth that are too small (tooth size discrepancy) for the size of the jaws. Spaces allow food to be trapped between the teeth which contribute to the cause of gum and bone problems.

## HAVE YOU NOTICED ANY IRREGULARITIES?

Malocclusion problems occurring in children should be corrected while they are young in order to assist in preventing tooth and gum problems as they become older. Adults with these types of malocclusion can and should seek treatment to improve their dental health and appearance.

## CROSSBITE



7. **Crossbite:** Upper teeth bite inside the lower teeth. Forces in chewing are misdirected to the teeth and are often a major contributing cause of bone loss around the affected teeth. Crossbite may "lock" the lower jaw into an improper bite position causing jaw joint clicking, pain or other abnormal symptoms. This condition may give a person an appearance of a "bull dog" jaw and facial expression of frowning.

## IMPACTED TEETH



**Impacted Teeth:** Eruption into the mouth of a permanent tooth is definitely impaired. This is seen in x-rays. Note dark cystic ↑ area around the crown of the impacted upper cuspid. These cysts often cause bone destruction and root loss (resorption) on neighboring teeth. These impacted teeth should generally be brought into the mouth and placed into proper occlusion with orthodontic appliances. (Also note missing permanent tooth × which is congenitally missing).

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# CROWDED TEETH



And there may be a whole lot more seriously affecting your dental health.

- MIDLINE SHIFT**
- UPPER PROTRUSION**
- OPEN BITE**
- OVERBITE**
- SPACING**
- CROSSBITE**
- IMPACTED TEETH**

You may wish to bring your dental malocclusion concerns to the attention of your dentist listed below:

**Please contact Rideau Orthodontic at 800-267-7982 or [orthodontic@orthodontic.ca](mailto:orthodontic@orthodontic.ca) to receive a complimentary copy.**

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This pamphlet was prepared to help you determine if you or your child have some teeth arrangement problems (malocclusion). Some of the more common forms of malocclusion are shown to help you compare with your own teeth.

More than one-half of all children and adults suffer from one or more of these problems and could benefit from orthodontic treatment.

These are some of the lifelong benefits you may receive if your teeth are properly arranged:

- Your teeth can be cleaned easier which protects and safeguards their health through less cavities and gum disease (pyorrhea). This prevents early loss of teeth.
- Wear of the teeth, particularly the biting surfaces, would be minimized.
- Discomfort in biting may be reduced or completely eliminated.
- Speech may be improved.
- Airways which may directly affect breathing may open up if full development of the lower face is encouraged.
- The digestion process is improved by better chewing of food.
- Improved appearance. Health care experts increasingly recognize the importance to restore facial balance and improve one's self-respect and self-confidence. If you are pleased with and relaxed about your appearance, you will likely be more at ease in public.

Even though you or your child may have a nice smile, many of these problems affecting the health of the teeth and gums may be present.

## **A GOOD OCCLUSION**



Teeth in a person's upper and lower jaws are designed to fit together in chewing much like gears mesh in a machine. Good meshing of the teeth helps you chew food properly and allows the chewing forces to be evenly distributed throughout the teeth.

## **MALOCCLUSIONS**

### ***CROWDED TEETH***



1. **Crowded Teeth:** Not enough room seems to be available for all the teeth to be evenly positioned along the jaw bone. Teeth seem to be too big for the jaws. Teeth are usually difficult to clean and pockets often develop trapping food and dental plaque which causes gum disease and eventually bone loss around the teeth. Also, teeth are unsteady and this is often the main reason people want to have their teeth "straightened".

### ***MIDLINE SHIFT***



2. **Midline Shift:** The contact between the right and left upper and lower front teeth do not line up when the teeth are biting together. This indicates an asymmetrical jaw relationship, posterior crossbite, or shifted teeth to one side of the mouth. This causes muscle imbalance and increased muscle tension which may cause jaw joint clicking, popping and pain.

### ***UPPER PROTRUSION***



3. **Upper Protrusion:** ("Buck" Teeth) Upper front teeth are forward of the lower teeth. This problem may be caused by long term thumb sucking or tongue thrusting (reverse swallow) habits. The front teeth are very prone to accident and, if fracture, become severely weakened. Forces when biting the teeth together are placed excessively on the back teeth without distribution to the front teeth. Spaces often develop between the upper front teeth. There is usually difficulty in closing the lips over the teeth with a tendency for mouth breathing and possible chronic bronchial infections. The gum tissue around the front teeth, when constantly exposed to air, may become red and swollen.

### ***OPEN BITE***



4. **Open Bite:** Spaces are seen between the biting surfaces of some of the upper and lower teeth, either in the front or back, when the other teeth are biting together. This places too much chewing force on the teeth that are touching (chewing forces should act on all teeth as a unit). A widened periodontal ligament occurs which is more prone to periodontal breakdown. A patient may not be able to effectively bite food and may tend to swallow larger than normal mouthfuls that are difficult to digest. The teeth and gums are not exercised properly and become unhealthy. (Note swollen and reddened gums around lower front teeth).