

# MANY DENTAL MYTHS AND MISCONCEPTIONS DEBUNKED

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Many dental myths and misconceptions exist today, including the usage of braces to make teeth symmetrical. Many people are afraid to use braces in this modern era due to concerns about wires being stuck inside the mouth for an extended period. Technological innovations, on the other hand, have shaped and modified the aligners. Clove Dental's Chief Clinical Officer, Lt. Gen. Dr. Vimal Arora, who served in the Army Dental Corps for a long time, has debunked common misconceptions about the use of aligners and braces.

**Q: When should one visit an orthodontist?**

**A:** Firstly, it is essential to understand the difference between a dentist and an orthodontist. Orthodontists undergo an additional

3 years of training that specialises in the alignment of teeth. Here, one is equipped with better diagnosis and treatment planning, and an orthodontist treats misaligned teeth, crowded teeth, and bite issues (overbite and underbite).

There is no specific age to visit an orthodontist for better-crooked teeth alignment. However, the earlier the better. Whenever you spot both aesthetic and functional issues with your teeth, you must make an appointment to visit an expert.

**Q: Does tooth extraction weaken eyesight?**

**A:** This is a common myth that exists. Tooth extraction has no direct connection with eyesight. There are times when eyes are swollen or red when people suffer from toothaches, making people think that teeth and eyes are connected, but this is not true.

**Q: What is the difference be-**



Gen. Dr Vimal Arora

*tween braces and aligners?*

**A:** There are traditional and modern treatments related to tooth alignment

options. Braces are traditional, whereas aligners are modern alignment options. Braces can be used to treat all

crooked teeth cases, whereas aligners can treat only a few. Hence, it is important to consult an orthodontist on what applies to you. As braces are fixed to your teeth, unlike aligners where you have to wear them regularly. Any severity category, be it mild, morbid, or severe, can be taken into consideration to treat any malocclusion.

However, with progression in the healthcare system, we have the option of aligners. We can still manage mild to morbid cases with aligners. However, a lot of advancement is needed to select them for the severe category.

**Q: Do braces serve better than aligners.**

With technological advance-

ment, aligners are more comfortable, to begin with. There is no change in lifestyle, especially related to your brushing and eating habits. You can do all your activities normally. Incidentally, step-by-step post-treatment results as seen before are not required and there is less human error as hi-tech computers scientifically design most treatments. And importantly, aligners have appeal that is more aesthetic.

**Q: Can teeth move back into their original positions after treatment?**

**A:** This is partially true that in orthodontics if teeth are once moved, they will get back to their original positions. If proper measures have been taken after correction, to hold the teeth in their positions and the ideology has been taken care of while doing the treatment, we can minimise the chances of teeth going back to their original positions.