

Orthodontics - for straight teeth and a better smile

IRISH people have been criticised in the past for ignoring dental care and since the recession people are visiting the dentist less often.

However good teeth can mean success in work, as well as boosting your self-esteem.

It does not come cheap however to have your teeth straightened.

Costs of braces which are not visible can reach from €3000 to €5000. Monthly payments plans are possible.

You can get income tax relief of up to 20%. Teeth are worth it. Good smiles make people happy and make one feel better. This is a return on the investment.

Getting HSE support is difficult as only serious cases of bad front teeth apply and are only allowed in a minority of cases.

A school going child can be referred to University Hospital Waterford if a case is fairly serious.

Otherwise people must fund their teeth cost in terms of teeth straightening, says Waterford based orthodontist, Con O'

Keefe.

Adults are doing it more and getting braces and these can be put on where they are not visible in some cases.

Teeth straightening can be slow and can take 18 to 24 months says Con, who took 9 years in work and training to become a full orthodontist, including training either in the UK or USA.

He also trained in Germany for two years where he learned to do lingual braces, which are under teeth and are better and more accurate but may cost more. Teeth move at just one millimetre a month with braces.

Braces can be used in sport contrary to popular belief, even in a contact sport, and act as a protector for teeth. Teeth should be in harmony with the face. Some people have jaw trouble and this is one issue that can be sorted.

Kids can have them from age ten years but there is no upper age limit.

Also if you are getting other dental

treatment like root canal, you can still have braces as there is no conflict with that work.

Regarding people traveling north to get cheaper treatment like root canal, you can still have braces, as there is no conflict with that work.

Regarding people travelling north to get cheaper treatment, that may save some money but then there is cost of fuel, time off work or study and also the need for after care means several journeys.

In the past 5 years has been a decrease in people using orthodontics and getting braces, due to cost, with people seeking another option, but it does take 18-24 months for full successful treatment's adds Con, who is based in Johns Hill, Waterford. He is 25 years in the business with 5 years dentistry, 3 years postgrad and an additional 3 years training in orthodontics.

As Con says it is never too late to get good teeth. Why not feel better about yourself if you have an issue?



Before and during treatment.



After treatment.