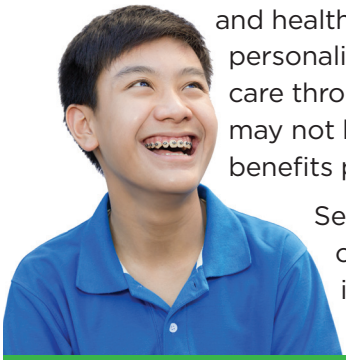
Taking Risk With DIY Orthodontia

Do-it-yourself orthodontia may sound like a great way to save money on teeth straightening, but at what cost to your oral health?

Moving teeth without a thorough examination of the overall health of your teeth and gums could result in permanent tooth loss and expensive lifelong dental problems.[1] Still, individuals have used rubber bands and paper clips to address cosmetic concerns or mail-order impression kits and photos to create aligners and retainers.

The American Association of Orthodontists reports that nearly 13 percent of its member orthodontists have had patients who have tried DIY teeth straightening, with some attempts causing irreparable damage.[1]

DIY methods may seem easy, but many lack the important detailed care that your smile deserves. With an in-person exam, dentists and orthodontists can better assess your concerns and health needs, and establish a personalized treatment plan. DIY care through an online source also may not be covered by your dental benefits plan.



Seeing a dentist or an orthodontist in-person is the safest way to ensure a healthy and happy smile.

Did you know?

Ages of people attempting DIY orthodontia range from 8 to 60.[2]

Quick bites

Using an online vendor for DIY orthodontia may sound appealing, but this route lacks personalized care.

- Individuals may not receive a face-to-face exam with a licensed professional
- Devices are not delivered or fit by a professional
- Treatment progress may not be monitored in an office, a concern if teeth do not track as planned
- Appliances designed to move teeth may have unintended effects on the teeth, supporting tissue and jaw joints

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1. American Dental Association, "ADA discourages DIY orthodontics through resolution," web. **2.** California Association of Orthodontists, "Patient Warning: Do Not Attempt DIY Teeth Straightening," web.

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