

# Jaw Procedures for a Better Bite and Smile



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If your teeth do not fit well together, you have a disproportional face, a gummy smile, an under or overbite, or a jaw size that is too big or too small, you probably have jaw problems. Many discover these problems during their teenage years and have it corrected early. Others, may have postponed treatment and have now developed teeth problems, facial pain, or TMJ disorders related to a poor bite.

There are great treatments available to improve facial balance, improve your aesthetics and smile, correct your bite to help you eat better, eliminate jaw or TMJ-related pain, and increase your teeth health and longevity. New techniques and technology now decrease your treatment time, enhance recovery, and get you back to normal activities sooner.

Dr. Kazemi is an expert in the correction of dento-facial deformities to establish correct bite, jaw size, and facial balance. He collaborates with several expert orthodontists who are leaders in their field to combine orthodontic and surgical techniques to achieve predictable results that meet your goals. Most patients can have the procedures done as outpatients, avoid jaw-wiring, and return to normal activities in as early as seven to 10 days. Insurance and payment options can make the procedure affordable.

Here are some important considerations and information to help you make better decisions.



## Signs of jaw problems

If your bite is off or you have a poor smile and poor facial balance, you may have problems with either your teeth position, jaw size relationship or a combination of both. Here are the common signs:

- Long face look with a gummy smile, large lower jaw, and possible open bite
- Short face look with deep overbite
- A gummy smile look
- Short chin looks with underbite
- Sunken upper teeth look
- A combination of the above

These problems arise from a poor bite where teeth do not fit well together and there was an excessive or inadequate development of the upper and lower jaws.

## Why is it important to correct your bite?



Having a normal bite and correct jaw relationship improves chewing, speech, and aesthetics, and protects teeth from decay, gum disease, and chipping. Patients with facial pain or TMJ symptoms also report improvements following orthodontic and surgical correction of their bite. Corrective jaw surgery may also improve breathing problems and sleep apnea in certain patients.

## What are the different procedures for correction of bite problems?

Patients with jaw size discrepancy may require one of the following procedures:

- Upper jaw surgery (known as LeFort-I osteotomy): This procedure corrects excess or deficiency of the mid-face region.
- Lower jaw surgery: Procedure that allows either advancement or retraction of the lower jaw to its proper relationship to the upper jaw
- Chin surgery: A cosmetic procedure that either augments or retracts the chin for better facial balance

## What are the treatment stages?

There are three phases of treatment to correct a poor bite and relationship of the jaws:

1. Pre-surgical orthodontic treatment: An orthodontist levels and aligns teeth. Takes about nine months to one-and-a-half years to complete
2. Surgical treatment: An oral surgeon manipulates the upper jaw, lower jaw, or both, to achieve the proper relationship of teeth and jaw bones. Surgical correction of each jaw takes about two hours to complete.

3. Post-surgical orthodontics: Six weeks after surgery, the orthodontist will complete the orthodontic treatment and do final bite adjustments. This phase typically takes three to six months. Once braces are removed, a retainer appliance may be recommended to maintain the position of the teeth and prevent relapse.

## Key information about jaw surgery:

- It's best to consult with both an orthodontist and oral surgeon before treatment.
- Insurance pre-authorization and records should be sent early to determine coverage.
- The orthodontic treatment is performed with a plan for eventual surgery. Therefore, it is important to make decisions about the surgery early as it will affect the course of treatment.
- The procedure is performed at a hospital under general anesthesia and generally requires a 1 to 2-day stay.

## Treatment scenario:

### Initial evaluation

During our first meeting, we will discuss your desires and expectations and the feasibility of surgical treatment. A brief overview of our general treatment approach will be presented at this time. A thorough medical and dental history and examination will be completed, and special X-rays and diagnostic studies may be performed.

### Records

Treatment planning for orthognathic surgery is done after a careful study of several types of diagnostic records. We can use existing records obtained by your orthodontist or take new records at our office:

- Dental impressions for study models of your teeth
- Photographs
- X-Rays

During this visit, we will discuss your diagnosis and explain the treatment alternatives to you. Ample time is spent answering any questions you may have, and reviewing the sequence of treatment. A predetermination letter will be sent to your insurance company, and the fees will be reviewed with you. It's best to bring your spouse, parent or close friend for this valuable consultation.

### Pre-surgical orthodontics

Your orthodontist will discuss in detail the orthodontic aspects of treatment. Prior to surgery, the orthodontist will level and align the upper and lower dental arches independently. This can sometimes worsen your bite until the surgery is performed. During this treatment period, it may be necessary to have minor procedures performed, such as removal of wisdom and/or other teeth.

### Final pre-surgical records

Within two weeks of your surgical date, final records will be taken. They will be used to finalize the treatment plan, to perform model surgery, and fabricate the surgical splints used during surgery. This helps to make the surgery accurate and predictable. The treatment plan is thoroughly discussed, consent forms are reviewed, and additional photographs are obtained. Pre-surgical testing and a physical are completed as part of your hospitalization work-up.

### Surgery

You will arrive at the hospital at your scheduled time in preparation for your procedure. You will be seen by an anesthesiologist and nurses who will care for you during your operation. Following surgery, you will be taken to the recovery room and then to your room. Most patients go home the next day.

### Post-surgical orthodontics

This begins about six weeks after surgery. During this time, your orthodontist will begin fine-tuning your bite and finalizing position of your teeth. This phase may take three to six months. At that time, you will be given a retainer to maintain the position of your teeth and prevent relapse.

### Post-treatment dentistry

Any required dentistry such as crowns, bridges, or any other restorative work that was delayed until your braces were removed, can now be completed. Your family dentist will be kept informed throughout treatment. The timing of required post-treatment dentistry will be coordinated in cooperation with your orthodontist.

### Post-treatment records

Once all treatment is completed, a final set of records will be taken. These records serve as a baseline for stability studies. At this point, you will enter into a period of long-term follow-up care to ensure the long-term stability of your treatment.

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### Before & After



## What is the recovery from jaw surgery?

- Most patients return home within one to two days after the procedure.
- Significant swelling develops in the first 24 to 36 hours and gradually diminishes over seven to 10 days. It usually resolves in two weeks.
- Pain is usually fairly minor and readily managed with Tylenol #3 or Vicodin.
- Antibiotics are prescribed for 10 days.
- A liquid diet is recommended for two to four weeks. Patients may then advance to a very soft diet (mashed potatoes, soft pasta, etc.) up to week six and then gradually return to a regular diet from the sixth to 10th week.
- Oral rinses are recommended every one to two hours for the first two weeks.
- In most patients, the jaws do not require wiring, therefore allowing normal mouth opening that gradually increases after two weeks and returns to normal by the sixth week.
- Numbness over the upper and lower lips and chin diminishes gradually and returns to a normal sensation usually within six months.

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## Is jaw surgery safe?

Corrective jaw surgery is safe and predictable when performed by a skilled and experienced oral surgeon. Specialized instruments and techniques are used for jaw surgery. Dr. Kazemi specializes in this procedure and has performed it successfully on hundreds of patients. The procedure is performed in the hospital under general anesthesia with a team of experienced anesthesiologists and nurses. Methodical, exacting, and detailed protocols are followed strictly to make sure every patient has a safe, comfortable, and successful procedure.

## What are the possible complications?

- Infection: This is very rare. Any infection can be successfully treated with antibiotics.
- Prolonged numbness over lips and chin.
- Relapse: Teeth may drift in rare situations.

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## What are the fees and insurance benefits for jaw surgery?

The fees depend on the type of jaw surgery, whether it requires upper, lower or both, its complexity, and other adjunctive procedures such as a chin procedure or cheek augmentations. Corrective jaw surgery and hospitalization costs may be considered for benefits under some medical insurances, although many have excluded jaw surgeries or offer very little coverage.

During your initial consultation, we can assist you in submitting a pre-treatment letter and obtain your available benefits. Following the procedure, claim forms are submitted for reimbursement. Insurance coverage is never guaranteed, and final amount of payment is not determined until a claim has been submitted.

For those with no insurance, we offer short- and long-term payment plans with no interest through CareCredit and ChaseHealthAdvance. We can also arrange a fixed hospital cost for you that will include all aspects of your hospitalization, including the operating room, anesthesia, materials, recovery room, and nursing care. This fee is paid directly to the hospital on the morning of your procedure.

## Adjunctive procedures

Adjunctive procedures are frequently performed as part of the overall treatment plan.

### Wisdom teeth removal

In preparation for jaw surgery, it is best to remove the wisdom teeth nine to 12 months prior to the operation. This allows proper bone healing in the area where the jaw surgery is performed. However, if time is not available, then it is acceptable to have jaw surgery and wisdom teeth removal at the same time.



### Chin augmentation/reduction

The chin may be augmented or reduced to improve the facial profile, symmetry, and aesthetics. It is often performed at the same time as the corrective jaw surgery. There are



two techniques for augmentation:

**Advancing the chin bone:** This technique involves sectioning the jaw bone and sliding it forward to augment. This is done through the mouth, and no outside incision is necessary.

**Chin implant:** This involves the use of preformed and anatomical implants that are available in various shapes and sizes. The implant is placed on top of the chin and fixated. They create a very natural feel and appearance. A small skin incision under the chin is required for this technique.

### Cheekbone augmentation

Patients with a flat cheek bone appearance may augment it using cheek implants. These implants are pre-formed and available in

various sizes. They are inserted through a small incision in the mouth. Augmentation can also be performed at the same time as upper jaw surgery.

### Liposuction for double chin and neck

The sagging of tissues under the jaw and chin region may be due to aging or to the presence of fat deposits (otherwise known as a double chin). This hanging mound of fat or excess tissue blocks the ideal concavity of the chin-neck profile, and definitely contributes to the appearance of aging.

Liposuction of this region can be performed at the time of corrective jaw surgery. It requires a skin incision in the crease below the chin. There is minimal post-surgical discomfort, and the scar is obscured in a natural skin fold as it matures. A chinstrap-like bandage is usually applied for six days after surgery.

### Nasal and septal reconstruction

Cosmetic nose surgery or rhinoplasty affects the overall facial harmony and balance,



especially when performed with corrective jaw surgery. It is best to perform the cosmetic rhinoplasty after jaw surgery has been completed to allow the surgeon to achieve a more ideal result and facial balance. We can recommend several very skilled and specialized cosmetic surgeons.

## About Dr. H. Ryan Kazemi



**Dr. H. Ryan Kazemi** is an oral and maxillofacial surgeon certified by the American Board of Oral and Maxillofacial Surgeons. He received his dental degree from the University of Pennsylvania, School of Dental Medicine in 1990. Following a one-year internship at the Albert Einstein Medical Center in Philadelphia, he pursued surgical training at The Washington Hospital Center in Washington, DC, where he received his certificate in Oral and Maxillofacial Surgery. Dr. Kazemi has practiced in Bethesda, Maryland, since 1997, providing a full spectrum of oral and maxillofacial surgery procedures with emphasis on extractions, dental implants, bone grafting, and corrective jaw surgery.

Dr. Kazemi is a diplomat of the American Board of Oral and Maxillofacial Surgeons, and an active member of the American Association of Oral and Maxillofacial Surgeons, American College of Oral and Maxillofacial Surgery, Academy of Osseointegration, American Dental Association and Entrepreneur Organization.

He has served as the founder and president of several dental and implant study clubs in the Washington DC area. Dr. Kazemi has published and lectured extensively on dental implants, bone grafting, and practice management. His newsletter, *To-The-Point* is read by more than 2000 dentists every month. He is also the founder of DDSForums.com, a professional networking site for dentists.

Dr. Kazemi serves on the medical staff for D.C. United, the major league soccer team in Washington, D.C. and the US national soccer team for the care of their athletes.

### What sets us apart:

- Treatment by board-certified oral surgeon
- Predictable results
- Speedy recovery
- Flexible scheduling
- On-time appointments
- Safe and comfortable atmosphere
- Warm and personable service
- Quick access and response when you need us



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