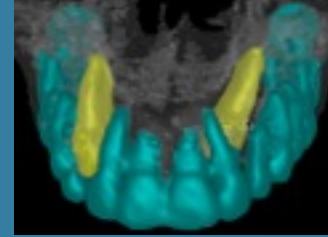


# Orthodontic Related Procedures



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You may have seen an orthodontist to straighten your teeth and were informed he or she can not complete your treatment properly without some surgical interventions. Perhaps, your teeth are severely crowded, and teeth extractions were recommended to create space for alignment. Maybe the canine tooth is stuck and malpositioned and does not have enough room to come in. Perhaps you have a poor bite due to both teeth position problems and jaw size discrepancies. Or perhaps some teeth are in extremely poor positions, and they are too difficult to correct by braces only.

Dr. Kazemi collaborates with orthodontists routinely to provide procedures that complement their efforts to achieve proper results. Patients may be the youth in need of selected extractions or canine exposures or adults in need of wisdom teeth extractions or corrective jaw surgery.



## Why remove baby teeth in children?

A baby or primary tooth with large decay may be restored if it occurs at a very early age. Pediatric dentists are the appropriate specialists for such treatments. However, if the tooth is deeply decayed, is causing significant pain, or is infected, extraction is often the best treatment option. A space maintainer may then be recommended depending on the tooth and age of your child.

Another reason for extraction of primary teeth is for orthodontic reasons. Your child may be in the mixed dental phase, where some adult teeth have already come in or are on their way. Occasionally, due to tight space, the adult teeth get stuck or begin to come in incorrectly.

Extraction of selected baby (primary) teeth during the developmental age help to minimize crowding of the adult teeth later, and improve alignment in the mouth. Any baby tooth may be extracted for this purpose, although the canine teeth (#C, H, M, R) are the most common. This adjunctive procedure helps shorten future orthodontics treatment.

## Why remove adult teeth in children?

Sometimes, the jaw size is so restricted that there simply isn't enough room for all the adult teeth to come in properly and, therefore, become crowded. When children reach age 12 or 13, orthodontists may recommend extraction of the first premolars to help create adequate space for the adult canines and other teeth. Typically all four premolars are extracted at the same time. Teeth crowding may also be due to jaw size problems. In this case, the orthodontist may choose to keep all the permanent teeth, align them orthodontically and then recommend a jaw correction procedure.

## What is canine exposure and why is it necessary?



The adult canine teeth erupt between the ages of 12 to 14. However, they may become impacted, stuck or misaligned during the development phase. The orthodontist will

often request what is called a “canine exposure” to be done by the oral surgeon to aid them in realigning the canine tooth.

A canine exposure is a 30-minute procedure, often performed under IV sedation or nitrous oxide, which usually heals in five to seven days. The surgeon exposes the tooth surgically, then attaches a bracket with a special chain that is used later by the orthodontist to guide the canine in the mouth using orthodontic techniques. This procedure is recommended to help align the canine in its proper position and avoid potential damage to adjacent teeth that can occur when it is left impacted.



## What is the best Treatment approach?

It is best to extract all recommended teeth by an oral surgeon at the same time. The exposure of canine is often done at the same time the baby canine tooth is removed. Corrective jaw surgery is performed in the hospital under general anesthesia. Most office procedures take 15-30 minutes. If IV sedation is administered, there will be a 30- to 45-minute recovery before the child can go home. With nitrous oxide (laughing gas), no recovery is necessary, and the child may go home immediately.

## Anchorage Devices

Temporary Anchorage Devices (TADs) are very small screw-like devices that can be placed by Dr. Kazemi to assist the orthodontist with

difficult tooth movements. Temporary anchorage devices greatly enhance treatment possibilities by reducing the need for headgear, elastic wear, and surgeries and extractions. At the same time, they increase the patient’s comfort, clinical efficiency, and control and reduce the treatment time. For example, the mechanics involved in molar up-righting, molar intrusion, retracting front teeth, moving the back molar teeth forward, correcting uneven bites or planes of occlusion, and assisting in closing open bites and pulling impacted teeth into position can be simplified by incorporating extra anchorage, in the form of a temporary anchorage device.

## Corrective jaw procedures

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.

## Types of jaw problems:

If your bite is off or you have a poor smile and have 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 look 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.

## Types of procedures:

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

## Managing your anxiety

Anxiety is not uncommon, especially if you've had bad experiences previously. We resolve this in several ways. First, the use of IV sedation allows a short nap during the procedure. This helps to make patients comfortable and reduce anxiety. Second, you will be cared by a group of affable staff members who take time to personally connect with each person and allay their fears and concerns. Younger patients are given full "perceived" control of the events that take place and they approve each step along the way. At no time is a child ever held down, talked to loudly, or strapped. These methods are outdated and ineffective. Finally, the procedure is done in a conservative fashion to help minimize or avoid swelling, pain, and complications that others report as bad experiences.

## What is the best anesthesia option for children? Are they safe?

A person's dental experience as a child greatly affects their outlook and confidence in dentistry as adults. The best way to manage your child's anxiety and assure a non-traumatic experience is to have a child-specific IV sedation form of anesthesia. It is the most recommended option and chosen by many parents. However, for minor procedures in older and more cooperative children, nitrous oxide (laughing gas) and local anesthesia may be adequate. In the very young age group (age 3 to 5) an intramuscular dose of certain medications can also be sufficient. Dr. Kazemi is trained and licensed in administering of office anesthesia. It is very safe and effective. You can rest assured that Dr. Kazemi and his well-trained staff monitor children continually and make sure that only enough anesthesia is given for the duration of the procedure.

IV sedation is a very safe and predictable in healthy patients when administered by an experienced clinician with proper training and accepted protocol. The patient is continually monitored during anesthesia, and emergency equipment is on hand if necessary. The medications used have a long history of safety and are short-acting. Anesthesia is also safe in patients with respiratory problems or cardiovascular disease, providing that precautions are taken. To avoid possible airway compromise, patients with severe upper respiratory compromise, such as severe cold with stuffy nose and productive cough are asked to postpone the surgery until they feel better.

The facility is equipped with emergency equipment and medications and the entire team is trained to manage any possible complications quickly and properly. The surgeon is CPR and ACLS certified and can manage any complications that arise effectively and quickly. Suburban Hospital is in proximity in the event additional assistance is required.

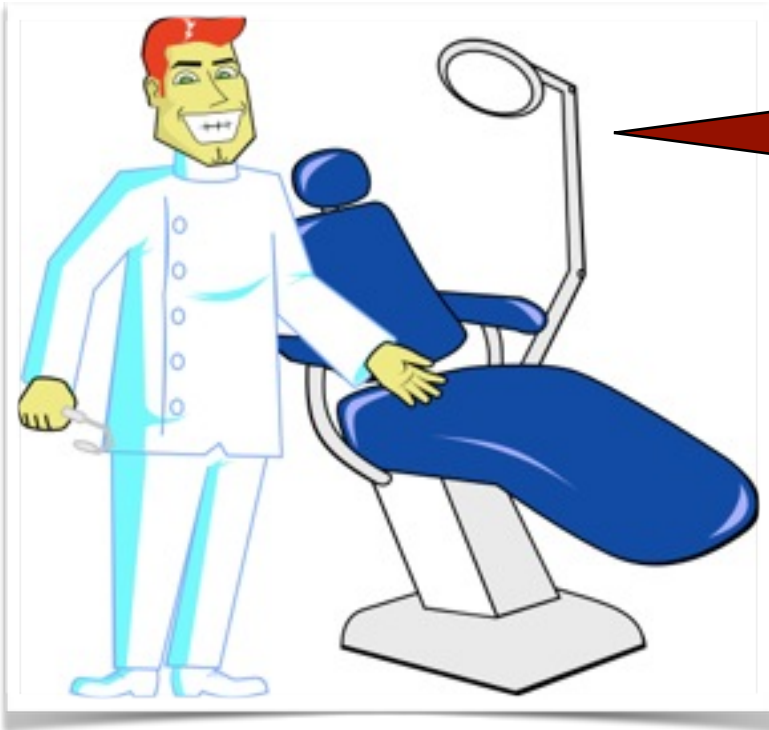
## What is the expected recovery?

- **Pain:** The level and duration of pain depends on the complexity of the surgery, technique, and child's tolerance. Most children complain very little of pain after extractions and other minor oral surgery procedure and do not require any pain medications. Ibuprofen (Advil) or Acetaminophen (Tylenol) is certainly adequate for relief of most types of discomfort in children, and may be necessary for one to two days. Very rarely do they need a stronger medication such as Tylenol with codeine.
- **Swelling:** No swelling is expected with extractions in children, unless the tooth is unusually impacted or malpositioned. But there can be some swelling in the event of injuries, which resolves in seven to 10 days.
- **Diet:** Upon arrival home, children may have some water, juices, soups, puree, shakes, puree, and very soft food. A soft diet is recommended up to three to five days. No hard, crispy, or very spicy foods should be eaten during this period. The general rule is: if they have to chew it, it's probably too hard. After five to seven days, patients may gradually return to normal foods.
- **Activity:** Parents should make sure that their child gets plenty of rest on the day of the procedure. Some children feel quite well even on the day of extraction and can resume gentle activities. If IV sedation was given, it's best to rest on the day of surgery and resume some activities on the following day. No sports for two to three days.

# Show & Tell Your Child



Hi, I am an unhappy tooth today. Maybe because I feel a little sore. Or maybe my bigger brother or sister adult tooth wants to come in, but they can't because I am standing in front of them.



Hi, My name is Doctor Happy Tooth and I am going to help your sad tooth become happy again.

Before I do anything, I will ask your permission and wait until you say: 'OK'. What do you think?

First we'll give you a little funny gas that makes you laugh and very happy. Then we'll make your tooth a little sleepy and like magic the sad tooth will be gone! It all takes a few minutes.



I am the Tooth Fairy and I have a little gift for you for helping to make your teeth happy again.



Thank you for helping me be happy again. Now you can use me to eat your favorite foods and keep your other teeth happy too.

Remember to always keep brushing and keep your teeth happy and smiling.



# Planning Your Visit



## Planning the procedure around your schedule:

We understand that taking time off work for your child's surgery may be challenging for parents. Therefore, we have designed the **All-In-One Visit** program that provides both consultation and surgery on the same day. Post-operative followup, although always recommended, can be done via telephone or e-mail if the sutures are dissolvable. Not only does this save time, it's also a great arrangement for your family. Forms are completed prior to your visit on our Web site or by fax. These prearrangements make it easy to have diagnostic X-Rays, consultation and surgery completed as planned **all on the same day**. Finally, in five to seven days, Dr. Kazemi will check up on your child's progress via phone or e-mail. As a convenience, prescriptions are available right in our office. We offer a flexible appointment schedule, Monday through Friday between the hours of eight and five, and early morning or late-day appointments per special arrangements. Weekend appointments are available for our VIP and presidential service packages and can be reserved per special arrangements.



## What parents can do during your child's procedure?

Parents can relax in our lounge and enjoy a cup of tea or coffee and read the daily newspaper and wide selection of magazines. Or take advantage of our free Wi-Fi computer lounge to check e-mails and browse the Internet on either your computer or ours. If you feel comfortable leaving, you can also take a stroll on convenient Bethesda Avenue and visit the many stores, coffee shops and restaurants. We'll give you a call when surgery is complete so you can return to the office and join your child in the recovery room.



## Necessary information prior to the procedure:

- Patient registration form, medical history, signed HIPAA forms. All forms may be completed online or sent by fax prior to your visit.
- Referral form from your dentist indicating the recommended wisdom teeth for extraction and other treatments.
- Panoramic X-ray done within the past six months. Your dentist may send it to

us electronically or give you the film to bring. If you don't have a panoramic X-ray, we can obtain one in our office.



## What are the cost, payment options, and insurance protocol?

The cost depends on the type of procedure, the number of teeth being extracted, the degree of difficulty, and type of anesthesia. Once an X-ray has been reviewed, and treatment plan completed, the exact cost will be discussed.

Wisdom teeth extraction and anesthesia are often considered under dental insurances. We have several payment options including short- and long-term plans. Those with insurance may choose to pay the surgical fees and receive reimbursement directly from their insurance company, or pay an approximate co-pay and we will submit the necessary claims. If you need special financial assistance to prepare for your desired procedures, a separate consultation appointment is recommended.

## 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 soccer league 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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