

Children: More Than Teeth - Jaw Development, Facial Growth & Airway Health

Keeping an eye on how your child's teeth and jaw grow is essential to making sure they have a healthy smile from the start. By checking in early and often, we can spot any potential issues in their alignment and get them back on track.

This isn't just about a great smile; It's about making sure your little one can chew, chat, breathe and sleep easily. Taking this proactive step means we're setting up the foundation for a lifetime of good oral and total body health.

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If We Catch Issues Early, We can Re-direct Growth & Development

- **Rapid Development by Age 2:** At this early stage, a child's cranial jaw bones are already 55% developed.
- **Significant Growth by Age 4:** By now, development leaps to 75%, showing substantial growth in a short period.
- **Nearly Matured by Age 12:** The cranial jaw bones are 92% developed, nearing their full growth potential.

Why Timing is Everything

In those early, bustling years, a child's jaw, dental structures, facial growth, and airway undergo rapid changes. We tap into this natural growth phase by using targeted treatments that gently guide the development of these structures.

Through early orthodontic interventions and airway assessments, we shape not only the alignment of a child's teeth but also ensure proper jaw positioning and clear airways.

This strategy reduces the likelihood of future complex dental interventions, actively supporting a smoother, healthier development. Our approach involves hands-on, attentive care that makes the entire growth process more manageable and less invasive.

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Recognizing Signs of Underdeveloped Jaws in Children: A Guide

Recognizing the early signs of underdeveloped jaws can prevent complex dental and health issues later on. Signs that may indicate underdevelopment include:

- Challenges with attention or hyperactivity
- Frequent mouth breathing
- Instances of bedwetting
- Difficulties with school performance
- Regular snoring
- Disrupted sleep patterns
- Frequent nightmares
- Persistent allergies
- Overcrowded teeth
- Dark circles under the eyes
- Enlarged tonsils or adenoids
- Noticeably loud or strained breathing

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Shaping the Future: Our Approach to Development

Screening for Tethered Oral Tissues

Screening for **tethered oral tissues**, such as tongue ties and lip ties, is crucial because they can impact a child's ability to eat, speak, and breathe comfortably. Our approach to treatment focuses on timely and gentle interventions that not only improve speech development but also support proper jaw growth. By using advanced, minimally invasive laser technology, we make sure these procedures are both comfortable for your child and as effective as possible.

Interceptive Airway Orthodontics: A Proactive Approach

Our **Interceptive Airway Orthodontics** targets early signs of potential airway obstructions and misalignments in growing children. By gently adjusting the jaw and expanding the palate during pivotal growth periods, we enhance their breathing and sleep quality. This not only sets the stage for a healthier smile but also staves off complex orthodontic problems in the future.

Getting ahead of these issues early helps ensure better overall health outcomes and minimizes the need for more intensive treatments as they grow. It's about providing care that grows with your child, ensuring they have a smooth path to a healthy life.

Here Are The Facts

- Early orthodontic care reduces the need for later interventions by up to 60%, making treatments shorter and less complex.
- Correction of tethered oral tissues leads to marked improvements in speech clarity in approximately 70% of cases.
- Children with oral health issues are over 50% more likely to struggle academically and significantly more likely to miss multiple school days.

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Transforming Lives with Cosmetic Dentistry

At [REDACTED], we take a different approach to cosmetic dentistry. Dr. [REDACTED] draws from his own dental history to provide care that's genuinely attuned to your personal needs. We offer treatments like tailor-made veneers and precision-fit implants, ensuring each solution benefits your teeth and your overall dental health.

Choosing our office means getting care that's as compassionate as it is comprehensive, making sure you walk out feeling great about your smile and confident in the care you've received.

[Overview video here](#)

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From Patient to Practitioner

Dr. [REDACTED] journey into dentistry started with his own dental struggles. He grew up with underdeveloped enamel, which made his teeth look like little more than brown stumps. He used to hide his smile, feeling the sting of being different because of his teeth.

The game changed for him with the right dental care, which not only fixed his smile but also boosted his self-esteem. These transformations weren't just about looking better—they made him feel freer and more outgoing, finally able to laugh and talk without holding back.

Dr. [REDACTED] knows from experience exactly how much a healthy smile can turn someone's life around. He's lived it! He understands the happiness and confidence that comes with a great smile.

Use headshot of Dr. [REDACTED] - [images here](#).

Our Cosmetic Services

Veneers and Instant Orthodontics

Veneers are thin, custom-made shells designed to cover the front surface of teeth to rapidly enhance their appearance.

- Instant orthodontics quickly corrects misalignments and closes gaps using veneers, crowns, or bonding—providing a transformative smile without the lengthy process of traditional braces.

Invisalign® and Spark™

These modern orthodontic treatments use clear, plastic aligners to straighten teeth discreetly. We customize each Invisalign and Spark plan using 3D imaging technology for a precise, comfortable fit.

KöR™ Whitening

KöR™ Whitening provides stunning, natural-looking results. This system is renowned for its ability to tackle even the most stubborn stains without compromising tooth integrity.

Crowns

Durable and aesthetic, our crowns restore the shape, appearance, and function of damaged teeth.


Bridges

A dental bridge is a custom-made replacement for one or more missing teeth that literally "bridges" the gap.

Full Smile Makeover

For a total transformation, our Full Smile Makeover addresses multiple aesthetic and functional issues with a personalized plan designed by Dr. Rogers.


Start Your Journey to a Brighter Smile

Schedule a complimentary consultation by calling  and discover how cosmetic solutions and teeth whitening can give you a brilliant new smile!

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Snoring, Sleep Related Breathing Disorders (SRBD's) & Obstructive Sleep Apnea

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At , we understand that snoring and sleep-related breathing disorders such as Obstructive Sleep Apnea (OSA) are not just nighttime disturbances—they're signs of greater health issues.

Our approach is to look beyond the noise, focusing on the underlying causes that restrict airflow and disrupt your sleep. Let's dive into how these conditions affect you and explore the effective solutions we offer.

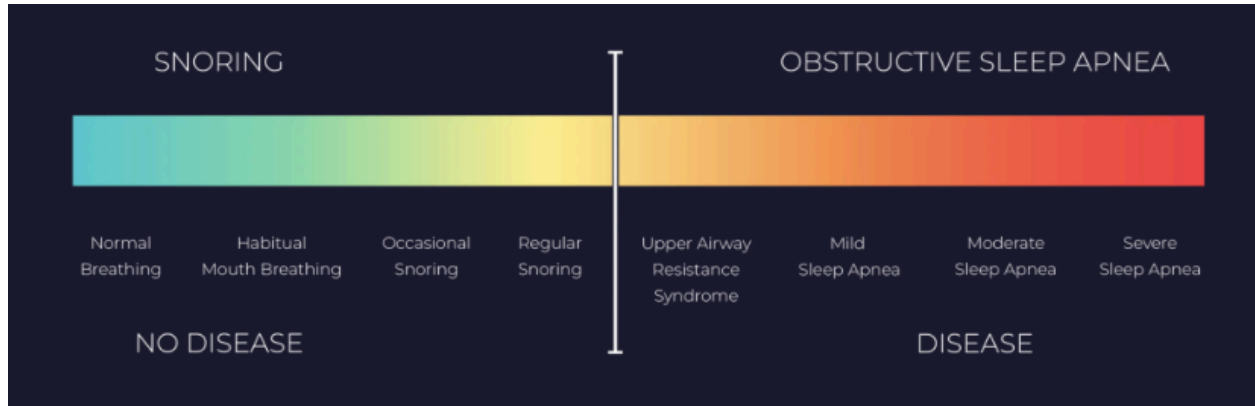
Think of Snoring As A Symptom

Snoring is the first warning sign of deeper, more serious sleep-related breathing issues. It starts with something as simple as mouth breathing, which might not *seem* like a big deal, but can actually reduce your oxygen intake and impact your body's functionality.

Snoring happens when the muscles in your throat relax during sleep, causing the airway to narrow and the surrounding tissues to vibrate as air passes through, creating that familiar rumbling sound.

Prolonged or persistent snoring is often a signal that your airway resistance is increasing. This can eventually lead to Upper Airway Resistance Syndrome (UARS), where your sleep gets disrupted, even though it might not yet qualify as sleep apnea.

The most critical stage is Obstructive Sleep Apnea (OSA), where the airway blockages become severe enough to cause repeated awakenings and major health risks like heart disease and stroke. Catching and addressing these signs early, starting with snoring, can help prevent progression and keep your sleep, and health, on track.



Signs of Sleep Apnea May Include:

- Snoring
- Gasping or choking during sleep
- Sleepiness or fatigue
- Interrupted sleep
- Heartburn
- Low energy
- Unexplained weight gain
- Poor concentration
- Mood changes

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Silent Nights: Solutions for SRBD's & OSA

Oral appliances offer a comfortable, effective alternative to CPAP machines for treating sleep apnea. These custom-fitted devices work by gently advancing the lower jaw or holding the tongue forward to keep the airway open during sleep.

Tailored to fit each patient's dental structure, they ensure a restful night without the noise or discomfort associated with CPAP machines. Simple and portable, these appliances are easy to use and maintain, making them ideal for travelers and those who prefer a non-invasive approach. With their snug fit and ease of use, oral appliances provide a straightforward, comfortable solution for uninterrupted sleep and better overall health.

The Seeds of SRBD's & OSA can be Planted Very Early in Life

Certain habits early in childhood can significantly influence a child's facial and airway development. Using a pacifier too long or relying heavily on bottle feeding can lead to mouth breathing, which may not seem like a big deal but can actually affect how their facial structures grow.

Moreover, environmental factors and dietary habits play a crucial role too. Kids eating a lot of processed foods might not chew enough to develop strong facial muscles properly. This lack of robust mastication can lead to suboptimal development of facial structures, resulting in a narrower airway.

Environmental allergens can also contribute to mouth breathing, potentially leading to enlarged tonsils and adenoids, making the situation worse. These changes can make breathing more difficult at night, often manifesting as snoring or, in more severe cases, obstructive sleep apnea (OSA).

Preventing SRBD's & OSA with Airway Focused Orthodontics

Before exploring treatment options for sleep apnea, it's important to discuss preventative strategies. One effective approach is airway-focused orthodontics. This proactive method targets the root causes of sleep apnea by enhancing the structure of the airway through specialized orthodontic practices.

Airway-focused orthodontics can help reshape the oral cavity and jaw at an early age, ensuring that the airway remains unobstructed during sleep. This is particularly important for preventing the development of sleep apnea symptoms later in life.

By addressing issues like narrow dental arches and misaligned teeth, this technique not only improves oral health and aesthetics but also enhances nighttime breathing patterns. Implementing these measures early can significantly reduce the risk of developing sleep apnea later in life.

Do You Have Sleep Apnea? Take Our Quiz!


1. Do you snore, or has someone told you that you snore?
2. Do you experience gasping, choking, or breathing pauses during sleep?
3. Are you often tired during the day even though you slept through the night?
4. Do you find yourself waking up often at night?
5. Do you experience mood swings or have trouble concentrating?
6. Are you dealing with conditions like diabetes or hypertension?

If you've ticked off two or more boxes, it's possible you're dealing with sleep apnea. Don't ignore this—left unchecked, sleep apnea can put you at risk for cardiovascular disease and other serious health issues.

From Nighttime to Lifetime: The Importance of Sleep and Breathing for Adults

Breathing correctly is fundamental to our existence, directly impacting our body's oxygen supply, influencing every cell and system. When breathing is compromised, whether through poor sleep or unhealthy breathing patterns, it can lead to a cascade of health issues.

Without proper sleep and effective nasal breathing, our bodies cannot fully rest or rejuvenate, leading to decreased cognitive function, heightened stress levels, and an increased risk of chronic health conditions like cardiovascular disease and diabetes.

 prioritizes correcting breathing patterns and disrupted sleep as core elements of health, ensuring that each patient achieves the full restorative benefits of good sleep and proper breathing.

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Will be paired with a sleep overview video

Signs and Symptoms of Poor Sleep and Breathing:

- Frequent waking at night
- Snoring loudly or gasping for air
- Waking up tired, regardless of sleep duration
- Chronic daytime fatigue
- Difficulty concentrating or memory problems

The Importance of Nasal Breathing

Nasal breathing not only filters and warms the air but also enhances oxygen uptake, significantly improving sleep quality. Mouth breathing, on the other hand, can lead to dry mouth, an increased risk of dental issues, and inhibited oxygen intake.

Comprehensive Assessment: The First Step

What Does an Assessment Look Like?

Our initial assessment includes a state-of-the-art CBCT scan, providing a detailed analysis of your airway structure. This step helps us identify any obstructions or abnormalities that could be impacting your sleep.

Collaborative Care Approach:

We work closely with a team of ENTs, allergists, and sleep specialists to ensure a comprehensive approach to your breathing and sleep issues. This multidisciplinary team allows us to provide you with the most effective treatment plan tailored to your needs.

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Treatment: Tailored and Transformational

Expansive Airway Orthodontics with Clear Aligners:

This innovative treatment aligns teeth while expanding the airway to facilitate easier, healthier breathing at night. By correcting the structure of your mouth, we can often alleviate many of the symptoms associated with sleep disorders.

Beyond Orthodontics:

For cases requiring further intervention, we work with specialists for additional expansive modalities, ensuring that you receive the best and most comprehensive care possible.

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Addressing RTOTs in Adults

Restricted Tethered Oral Tissues (RTOTs) can significantly impact adults, affecting everything from sleep to speech and eating habits.

Recognizing RTOTs:

- Difficulty with certain speech sounds
- Challenges with eating certain foods
- A sensation of tightness or discomfort in the mouth or jaw
- Recurrent dental issues due to improper cleaning

What Does Treatment Involve?

Treatment may include the release of RTOTs through procedures like frenectomy or frenuloplasty, performed with precision using the latest laser technology for minimal discomfort and rapid recovery.

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A Collaborative Path to Healing

Post-procedure, we ensure a smooth and beneficial recovery by collaborating and referring to a variety of specialists:

Myofunctional Therapy: Before the procedure, myofunctional therapy helps to strengthen and condition the orofacial muscles. After, it allows patients to retrain these muscles to function more effectively.

Chiropractic Work: A chiropractor addresses and corrects any related musculoskeletal issues, particularly in the neck and upper spine.

Body Work: This type of therapy focuses on releasing tension, reducing pain, and improving circulation in the muscles and connective tissues surrounding the neck and shoulders.

Speech Therapy: A speech therapist works to assess and address any speech difficulties resulting from the tongue-tie.

Interested in exploring how our treatments can improve your sleep and breathing? Contact us today to schedule an assessment and take the first step towards a better night's sleep.

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Why Investing in The Best For Our Patients Matters

At ██████████, our approach goes beyond ordinary care; we promise to provide only the best. Dr. ██████ and our team are deeply committed to incorporating top-tier technology and treatments because we know it transforms the dental experience. Our state-of-the-art tools enable us to diagnose issues more quickly and accurately, streamline treatments, and significantly improve comfort.

Technologies at Fairlington Dental

Lasers: Get treated with minimal discomfort and quicker healing times with the power of our dental lasers. We use them for a variety of procedures, from sculpting soft tissue to preparing teeth for fillings. Lasers reduce the need for sutures and decrease the risk of infection, making your recovery smoother and faster.

Digital X-Rays: Digital X-rays are a game changer in how we view your dental health. They use less radiation than traditional X-rays and provide images almost instantaneously to our computer screens. This immediate, clear view helps us pinpoint issues with incredible accuracy and plan your treatment more effectively.

The Wand: No one likes the idea of injections, right? That's where The Wand comes in—it's a modern take on anesthesia. This device controls the flow and volume of anesthesia delivered during injections, making the process virtually painless. It's especially great for patients who feel anxious about needles.

Digital Scans: Gone are the days of biting down on a goopy, uncomfortable tray for dental impressions. Digital scans are quick and comfortable and provide us with detailed 3D images of your mouth. We use these images to design dental restorations, orthodontic devices, and more, ensuring a perfect fit and better results.

Intraoral Camera: With an intraoral camera, we can show you what we see. This tiny device takes high-quality images inside your mouth and helps us educate you about your oral health status and needs. It's a fantastic tool for early detection and allows us to discuss your treatment options clearly and collaboratively.

AI Technology: Our AI tools do more than just automate tasks. They provide second opinions on dental X-rays and assist with digital periodontal charting through voice recognition, ensuring every treatment is precisely targeted and tailored.

CBCT Scan: For complex cases, particularly in implantology and orthodontics, CBCT scans are invaluable. This technology offers a comprehensive three-dimensional view of your teeth, bones, and soft tissue, all in a single scan. It's crucial for planning intricate

procedures and surgeries, ensuring accuracy and success in even the most challenging cases.

What is TMJ/TMJD?

TMJ refers to the **Temporomandibular Joint** itself—the hinge that connects your lower jaw to your skull, essential for jaw movements like chewing and speaking. **TMJD** stands for **Temporomandibular Joint Disorders**, which are issues affecting the TMJ's functionality and causing pain, often leading to symptoms like discomfort and restricted jaw movement.

However, when this jaw movement leads to persistent pain, it could be indicative of **Temporomandibular Joint Disorder (TMJD)**, a condition that warrants further attention and should not be dismissed as merely uncomfortable.

Remember, experiencing pain isn't something you should accept as normal. There are solutions and ways to achieve relief, whether your discomfort stems from **TMJD** or another condition.

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Symptoms of those suffering with TMJD may include:

- Persistent jaw pain or tenderness
- Pain that appears during chewing or difficulty chewing
- Discomfort around your ears or an aching pain when you move your jaw
- Challenges in opening or closing your mouth, as if your jaw gets stuck
- Noticeable clicking or popping sounds when opening your mouth
- General facial pain which can extend to the neck

What Causes TMJD?

- **Jaw Overuse:** Activities like excessive chewing or teeth grinding can strain your jaw muscles and lead to TMD.
- **Impact or Trauma:** Accidents that impact your jaw can disrupt its movement or damage the joint.
- **Arthritis:** Conditions like osteoarthritis can wear down the joint, complicating jaw movement.
- **Stress:** Stress can lead to jaw clenching and teeth grinding, common habits that may develop into TMD.
- **Dental Misalignment:** Irregular alignment of teeth or the jaw can put undue stress on your jaw joints.

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Our TMJD Solutions

At our clinic, we fully understand the complexities of TMJD and how it varies from one individual to another. With this in mind, we devote ourselves to crafting personalized and considerate treatment plans that not only target your specific symptoms but also often prevent the need for any invasive surgery.

Advanced Diagnostics: Think you might be dealing with TMJD? We're here to get to the bottom of it with our cutting-edge digital imaging and comprehensive oral scans, designed to pinpoint any anomalies. Should we discover indicators of more intricate TMJ issues, we may recommend an MRI to ensure we have a complete and clear understanding of your situation.

Orthotic and Intraoral Devices: Our custom-fitted devices offer a straightforward, non-invasive way to ease your discomfort by gently realigning your jaw. These tailored solutions are crafted to significantly alleviate common symptoms such as jaw pain, clicking sounds, and persistent headaches, all by correcting the underlying misalignment.

Comprehensive Treatment Plans: We know TMJ disorders are more than just about your jaw; they impact your entire body. That's why our approach extends beyond the jaw itself, including collaboration with other healthcare professionals. We integrate a range of treatments aimed at addressing associated issues like sleep disturbances and posture irregularities. The result is comprehensive relief that's not just effective, but truly transformative.

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TMJD Treatment to Alleviate Pain & Restore Quality of life.

If you're struggling with Temporomandibular Joint Disorder (TMJD), finding the right treatment can make all the difference. In the sections below, we walk you through our approach, from the first steps of diagnosis to various treatment options.

We center our care strategy on 3 principles:

1. **Holistic Patient-Centered Strategy:** Everything in the human body is connected. We emphasize the connection between your jaw health and overall well-being.
2. **Preventative Care:** Whenever possible, we suggest early interventions to prevent potential long-term TMJ disorders.
3. **Individual Needs:** Your treatment will be tailored specific symptoms and conditions.

Effective treatment begins with accurate diagnosis:

- **X-rays:** Standard diagnostic tool used to assess the underlying bone structure of your jaw, helping to identify potential joint or bone issues.
- **CBCT Scans:** Provides a three-dimensional view of the craniofacial structure, offering detailed insight that is crucial for comprehensive treatment planning.
- **MRI:** Utilized to view soft tissues around the TMJ, including the disc and surrounding muscles. *An MRI may or may not be necessary*, depending on the complexity of the case and specific symptoms presented by the patient.

A Multidisciplinary Treatment Approach for Better Patient Outcomes:

- **Collaboration with Specialists:** Our team includes chiropractors, physical therapists, massage therapists, acupuncturists, myofunctional therapists, and other healthcare professionals. This diverse expertise helps us achieve comprehensive and effective outcomes for our patients.
- **Team Collaboration:** Each specialist brings unique skills to the table, from posture adjustment and facial muscle retraining to specialized pain management techniques. This collective effort significantly enhances the effectiveness of the treatment plan.

Intraoral Appliances: A Non-Surgical Solution

- **Purpose and Function:** Intraoral appliances are specifically designed to reduce stress on the TMJ by realigning the jaw and muscles, helping to restore natural function.

- **Benefits:** These devices play a crucial role in alleviating pain and correcting alignment issues in the jaw and teeth, ultimately enhancing both function and quality of life.
- **Treatment Timeline:** From diagnosis to consistent symptom relief, the average treatment duration with intraoral appliances is approximately four months.

Surgery as a Last Resort

- **Rare Necessity:** Surgery is considered for TMJD only in severe cases. It is recommended for only 1-2% of patients, underscoring its role as a final treatment option after all other methods have been exhausted.
- **Considered Carefully:** Surgical intervention is recommended solely when essential to address significant structural problems within the TMJ, ensuring that it is pursued with utmost caution.
- **Treatment Decision:** The decision to proceed with surgery is made with careful deliberation, prioritizing patient safety and long-term health outcomes.

TMJD requires careful consideration and an integrated treatment approach. If you experience any symptoms of TMJD, do not hesitate to seek professional advice. Early intervention can prevent further complications and improve your quality of life.