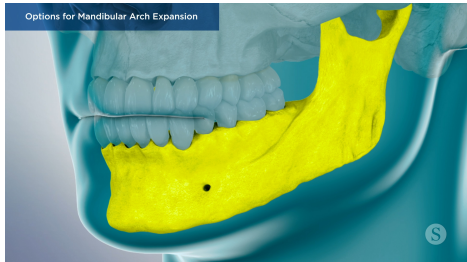


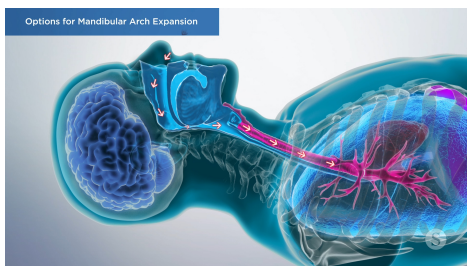
Options for Mandibular Arch Expansion



The mandible is the largest bone in the human skull. It holds your lower teeth in place and forms the lower jawline or arch.



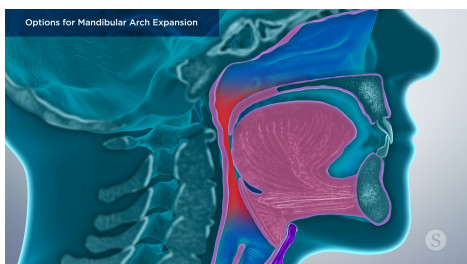
Sometimes the mandible may not develop completely during childhood, leading to a narrow lower arch.



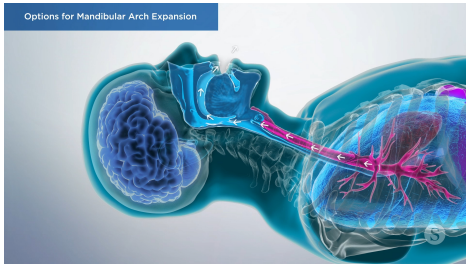
If the mandibular arch is too narrow, it can misalign teeth and restrict breathing.



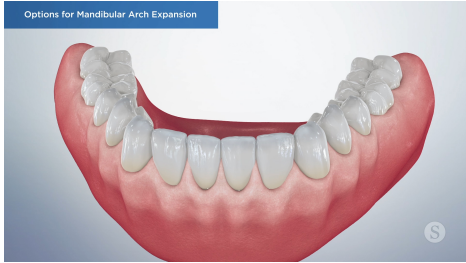
Signs of a narrow arch may include crowded lower teeth that lean inward.



Improper tongue position, jaw misalignment, bite misalignment.



Mouth breathing, or sleep apnea.



Your doctor may recommend one of several procedures that can gradually widen the mandibular arch and sometimes the mandible itself.



A lip bumper is most effective for growing children because it removes lip and cheek pressure from the teeth, stretching or widening the lower arch as the child grows.



Another option is a screw activated mandibular expander, which gradually pushes the lower molars outward while moving the sides of the lower arch laterally.



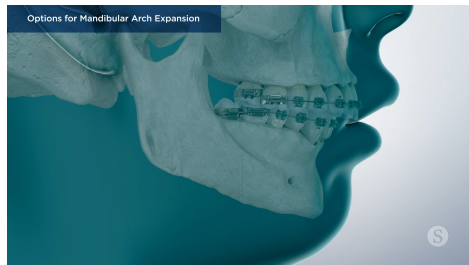
In adults, surgically facilitated orthodontic therapy safely improves bone volume and moves teeth into optimal positions.



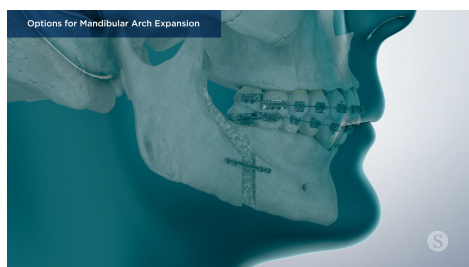
S-F-O-T is appealing because it moves teeth 2-3 times faster and farther.



Thus shortening orthodontic treatment times.



Another option is orthognathic surgery or jaw surgery.



During surgery, the jawbones are repositioned using bone plates and screws, which are left in the body permanently.



Distraction osteogenesis is a surgical procedure that lengthens a short bone.



The surgery involves dividing the bone and attaching a device called a distractor.



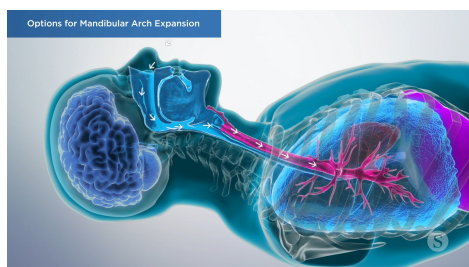
The distractor gradually separates the bones, creating space for new bone growth and widening the mandibular arch over time.



All these advanced procedures require interdisciplinary teams, often consisting of orthodontists and oral surgeons.



Who work together to develop personalized treatment plans.



Improving dental issues, such as a narrow mandibular arch, may improve your bite, airway, and sleep quality, leading to a better quality of life.



Consult your doctor to determine the most appropriate procedure for your unique situation.