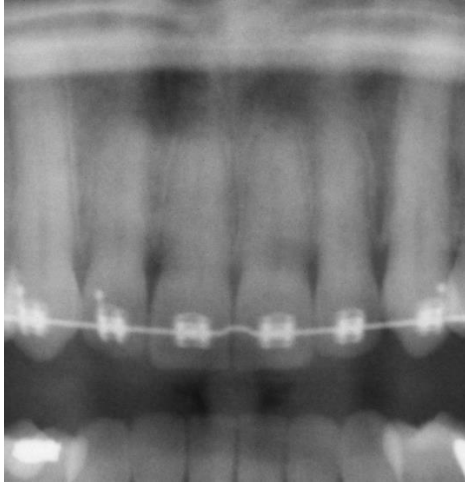
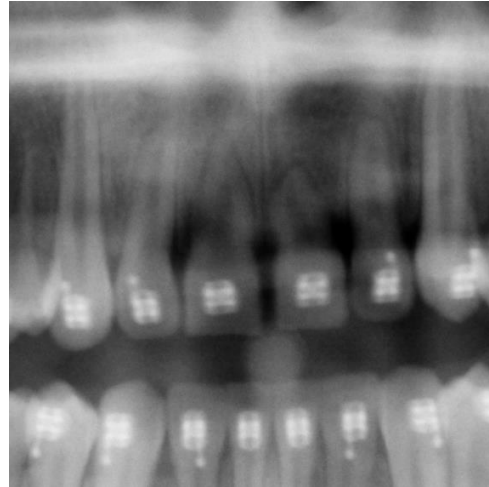


## What is Root Resorption and why did it happen to my teeth??



**Normal Roots**



**Root Resorption**

The roots of some patient's teeth become shorter (resorption) during orthodontic treatment. It is not known exactly what causes root resorption, nor is it possible to predict which patients will experience it. However, many patients have retained teeth throughout life with severely shortened roots. Root resorption usually ceases once active treatment is terminated.

### What do we do now:

- 1) Temporarily halt treatment for 4-6 months. During this time, the resorptive process should stop and the repair process begin. Please keep in mind that the root will not grow back. The body's repair process should stop the resorption from continuing beyond the present state.
- 2) We will consider removing the braces early even if the bite is not entirely corrected. If a considerable bite problem or overjet still exists, we may consider surgery as an option to correct the bite.
- 3) The teeth will be equilibrated to remove any occlusal contacts from the affected teeth.
- 4) A bite plate may be recommended to disclude the teeth.
- 5) Habits such as nail-biting, chewing on pens/pencils, or excessive gum chewing should be eliminated immediately. If a tongue thrust is suspected, referral to a speech language pathologist may be indicated.
- 6) A retainer should be worn that minimizes any force on the affected teeth when inserting and removing.
- 7) Consideration should be given to using a bonded or cemented retainer.
- 8) Trauma should be avoided to the affected teeth. Mouth guards should be worn when indicated.
- 9) Eating habits should be modified to not include any excessive forces to the affected teeth.
- 10) In severe cases or cases that worsen after treatment is suspended, referral to a root canal specialist may be needed.