



**Some orthodontic  
problems are easier  
to correct if  
found early.**



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ORTHODONTIC  
TREATMENT

[aainfo.org](http://aainfo.org)

**TWO-PHASE**

## TWO PHASES

### WHAT IS IT?

Two-phase treatment consists of two separate times when a child receives orthodontic treatment.

The first phase begins while a child still has a mix of baby and adult teeth. A resting period follows. Phase two of orthodontic treatment usually begins when most or all of permanent teeth are present, so they can be moved into their final position.

### WHY TWO PHASES?

Some problems are easier to correct if found early. Early treatment can create a healthy environment for teeth growth and development and contribute to long-term stability.

The first phase can prevent a problem from developing, intercept a developing problem or guide the growth of the jaw bones that support the teeth. By timing treatment to predictable stages of dental development, the orthodontist may be able to take advantage a child's growth and development. Some problems can be treated quite well and mitigate more invasive treatment in the future.

# HEALTHY SMILES START EARLY.

## GOALS

### IS TWO-PHASE TREATMENT RIGHT FOR MY CHILD?

Discuss with your orthodontist. Treatment is unique to each patient, because each patient has a unique problem that requires unique treatment.

### GOALS OF TREATMENT:

- Create a better environment for permanent teeth to come in
- Create a proper relationship of teeth and jaws, so that they work correctly
- Correct alignment of the teeth
- Position teeth and jaws for an attractive face and profile

### THE PATIENT'S ROLE:

- Follow your orthodontist's instructions during both phases of treatment
- Keep appliances, teeth and gums clean, and visit your dentist every six months for cleaning
- Keep scheduled appointments
- Avoid food that may damage the appliance
- Maintain a healthy diet

*Orthodontists receive an additional two-to-three years of specialized education beyond dental school to learn the proper way to align teeth and correct bites. Only those who successfully complete this formal education may call themselves orthodontists, and only orthodontists can be members of the American Association of Orthodontists. Learn more: [aaoinfo.org](http://aaoinfo.org).*