

Best time to treat under bite cases

Under bite malocclusion is more popular among the Asian population. It belongs to the category of early treatment because prior to puberty, the upper jaw of a child is made by many pieces of bones. It is much easy to protract and to expand the maxillae before the ossification of the sutures.

The treatment of choice is divided into two phases.

Phase I treatment (Pre puberty) – this is to expand and protract the maxilla to provide adequate space for all permanent teeth to erupt on the maxilla except the wisdom teeth.

Resting/ waiting period – wait for the eruption of all permanent teeth and until growth is nearly complete.

Phase II treatment (after the onset of puberty) - this is to detail the bite relation and dental alignment. The scope of Phase II treatment depends upon the amount of growth on the mandible. For extreme cases, jaw surgery is needed. Most cases, early removal of lower wisdom teeth, lower bicuspid or even lower first molars (to protract lower second and third molars) with full braces can achieve a satisfactory results.

The general rule is to treat Class III cases early, try not to extract any tooth on the maxilla and finish the treatment after the completion of growth. Since growth is unpredictable in some way, it is expected that anterior cross bite may reoccur at anytime during treatment for some children.