

How Orthodontist can help children with Compromised Nasal Airway

A Compromised Nasal Airway can be a problem for growing children. It might induce clockwise growth, open bite, narrow upper arch, dry lips, swollen gums, mouth breathing and other related matters.

The common medical treatment may include the use of nasal spray with vascular constrictor, cortisone to reduce symptoms, tonsillectomy, adenoidectomy etc.

Since growth development is a long term issue, it would be beneficial to have another alternative approach. As an orthodontist, RPE (Rapid Palatal Expander) can be used for growing children. Before puberty in most cases, the suture lines have not ossified yet and arch expansion may improve the nasal airway passage. This concept has published documents to support it.

By using RPE, it can increase anterior and inferior nasal passage. For some cases, they may have positive improvement on their nasal airway flow. Unfortunately, due to the complexity and sophistication of the human body, in other cases this may become less effective.

Our recommendation is whenever you see children with compromised nasal airway; you may consider referring them to their family physician, pediatrician, ENT specialist or you may want to refer to an orthodontist for a consultation to evaluate this no fault alternative approach.