



What Causes Orthodontic Problems? By Coast Dental

Coast Dental is a modern state-of-the-art [dental Clinic Singapore](#) heritage neighbourhood of Katong and Joo Chiat. We understand a dental visit can be surrounded by feelings of anxiety. We created Coast Dental to create a unique dental experience for you and your family.

From 6-10 years of age, children are getting their first permanent teeth. At this stage, the teeth can become crowded and the jaws misaligned. Habits such as mouth breathing, incorrect lip and tongue function (known as poor myofunctional habits) are the major causes of poor jaw development and tooth alignment. Research shows that these problems continue through to the permanent dentition, requiring complex orthodontic treatment.

Braces and extractions do not resolve these problems and are best treated as soon as they are evident. These habits are easier to correct in the growing years. Once the causes are corrected, natural growth and dental alignment can take place

Problems Associated with Mouth Breathing

Apart from affecting jaw and facial development, mouth breathing is also one of the main contributors of Sleep Disordered Breathing (SDB) problems. Symptoms include

- Snoring
- Morning Tiredness
- Learning difficulties
- Interrupted sleep
- Obstructive Sleep Apnea where a child stops breathing at certain times during the night

Make an appointment with us to find out if you are eligible for a dental implant. Are you looking for a [Dental Clinic in Singapore](#) you can call us at +65 64404605 or email us at info@coastdental.com.sg for a no-obligation consultation to go through each option in detail to make a fully informed decision.

More Information Visit my website: <https://www.coastdental.com.sg/>