

# SURGICALLY FACILITATED ORTHODONTIC TREATMENT [SFOT]

SFOT combines both gum surgery and orthodontic treatment to greatly shorten treatment time and expand the capabilities of traditional orthodontics.

## Frequently Asked Questions

### 1. In what way would I benefit from SFOT?

- By combining it with traditional orthodontics, my treatment time may be less.
- My treatment result may be more stable with less risk of relapse.
- My risk for gum recession may be less.
- I may be able to avoid certain jaw surgery procedures.
- Conventional orthodontic treatment might not accomplish my desired result.

### 2. Can SFOT be used with my clear aligners or traditional metal braces?

- Clear aligners and traditional braces are both compatible with SFOT, and the choices will be discussed with my dentist.

### 3. What are the stages of my orthodontic treatment with SFOT?

- I might require an initial phase of orthodontic treatment.
- The surgical stage is then carried out approximately 2 months after beginning the initial orthodontics.
- A final phase of orthodontic treatment is sometimes required to optimize tooth position.

### 4. What is the usual treatment time for SFOT and orthodontic treatment?

- Traditional orthodontic treatment can take 18-30 months to complete.
- SFOT can sometimes take less than a year.

### 5. Can I have other surgical procedures such as tissue grafting or gum surgery combined with SFOT?

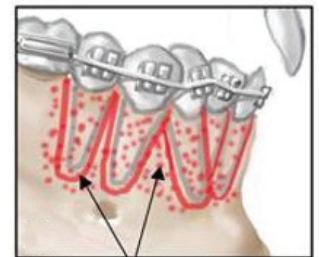
Yes. A benefit of SFOT is that my surgeon may be able to combine these treatments together and avoid multiple surgical appointments.

### 6. What are my possible side effects of SFOT?

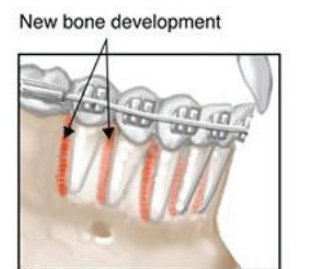
- As with any surgical procedure, post-operative swelling, bruising and pain may occur.
- Gum recession and tooth sensitivity.
- In rare circumstances there is the possibility of nerve damage.

### 7. What are my alternatives to SFOT?

- Conventional braces only. This may take longer and may not provide an ideal result.
- Jaw surgery combined with braces to correct my bite.



Corticotomies outlining roots and/or dimpling



New bone development  
Teeth move more rapidly and further through "softened" alveolus

