

Want Straight Teeth Faster? Think Propel!

Andrea B. DeLurgio, DDS, MSD



Millions of people have had braces on their teeth so they could straighten them. There are millions more who have thought about it, but may shy away for various reasons. It's estimated that there has been a 34 percent increase in the number of people who are seeking some sort of braces, including traditional metal ones and invisible type options, such as Invisalign. As more people realize that it's never too late to have their teeth straightened, there are many adults who are seeking treatment, too.

One thing that keeps some people from having treatment to straighten their teeth, and particularly adults, is the time investment that it takes. They don't want to have braces on their teeth for what may turn out to be a couple of years, depending on the severity of their individual situation. But just like with other fields, there are changes and advances taking place in the world of orthodontics, too!

Decreasing Treatment Times

When there is a problem in the world there is always someone who is willing to take it on and find a way to address it. While the normal treatment time for braces may not be a problem for some people, it is a deterrent for others. The good news is that the field has advanced and there is something that will reduce the treatment time for having braces. In fact, it's estimated that for most people it will cut the treatment time in half! Others estimate that it may reduce treatment times up to 60 percent. That's a significant reduction in the amount of time undergoing treatment.



One of the most advanced treatment options in orthodontics today, Propel is the system that is allowing people to greatly reduce the amount of time that they are getting teeth straightening treatment. It's a new system that can be used with any type of braces, including traditional and removable ones. It can also be used by those who are just starting treatment, and those who are already into it.

Understanding Propel

Propel is an orthodontic treatment option that uses your own biological healing in order to help reduce your teeth straightening time in half. Plus, when you look at the fact that it takes minutes to have done, yet it can save you months or years of wearing braces, then it's clearly an option that makes sense and everyone with braces will want to consider. There's a great payoff for having the Propel treatment.

The Propel procedure is done using a small device that allows your orthodontist to stimulate bone healing in specific areas based on your individual treatment. Each device is used for treatment on one patient, and then discarded. The tool is used to create small areas of accelerated bone healing near each tooth, and is done in carefully selected places.

What Happens During Treatment

When you meet with your orthodontist, they will spend a few minutes evaluating your teeth, so they can make a determination as to where the treatment need to be performed in order to speed up your treatment. Once the decision has been made, they will then have you clean your mouth out with a special rinse, and apply a gentle numbing agent that will be used. At this point, the doctor will begin applying the Propel system in specific areas to the bone surrounding the teeth. The amount of treatment varies, depending on the thickness of your gums. The treatment is gentle and painless, because the Propel tool has advanced technology that allows the orthodontist to apply only the minimum necessary treatment in each area of the mouth.

The average Propel application sites per tooth is three, although some teeth may only be able to take one or two. The interesting thing is that when treatment is complete around the bone in this manner it then stimulates a natural healing response and increases the blood flow around the teeth. The body automatically starts a process that prepares the bone for tooth movement. When the bone is in this state, tooth movement happens much quicker,

What to Expect When Getting Propel

1. The orthodontist will evaluate your teeth to determine the best place to apply treatment. Propel is applied to each tooth, with an average of three sites per tooth being administered.
2. You will then cleanse the mouth using a mouth rinse for a minute. This will help to ensure bacteria do not enter the holes being made.
3. A gentle numbing agent will be applied. The type of anesthetic being used will be determined by the doctor following an evaluation.
4. Treatment will be carried out, with the procedure taking around 10 minutes. Each tooth being treated will receive the Propel application. There may be minor bleeding when finished, which can be easily addressed with some gauze being firmly applied for 30 seconds.
5. Once finished you may experience some discomfort for a day or so. If there is discomfort, take acetaminophen, but avoid taking any type of anti-inflammatory, such as Advil or Ibuprofen.
6. Return to your normal routine and activities following the procedure.
7. Relish in the fact that you will be greatly reducing the amount of time that you will spend wearing braces!



thus reducing the time spent with braces.

Once the braces are removed, the bone returns to normal, so there's no long-term effects for using this method to place micro-perforations in the bone. Once the procedure is done, there may be some minor bleeding in some patients, but that can be remedied with 30 seconds of gauze placed on it and held firmly. Following the procedure some people may have discomfort for a day or two afterward, but most people report that it is minor. Those who have the Propel treatment are able to go right back to the normal routine right away, without any missed work or school due to the procedure.

Technology Marches On

Being such an advanced treatment in the orthodontic field, the Propel system is one that many people will be turning to, whether they are teens, adults, or somewhere in between. This is an option that can cut treatment time in half, yet it doesn't require you to have to put much into getting it. Many people are able to have the treatment done one time, while others may need Propel treatments done every 6-8 months. The number of times you need treatment depends on the complexity of your overall orthodontic needs.

When it comes down to determining if Propel is right for you, there are just a few things you need to consider. The Propel treatment takes around 10 minutes and may leave you feeling some discomfort for a day following the procedure. Yet just putting in that little bit of time could save you months or years of having braces on your teeth. When you weigh what you are putting into the Propel treatment versus not taking advantage of the option, it is clear to see why so many people are choosing to have this procedure done. For just a few minutes in the orthodontist chair you can opt to have your own body's natural biological response speed up your treatment greatly.
