



Surgically Facilitated Orthodontic Treatment (SFOT)

Substantial evidence associating orthodontic tooth crowding with the 'shrinking human jaws', from the anthropological and genetic perspective, is available.

The consequence of this malady is that gingival recession, orthodontic relapse, less favorable esthetic results, white spot lesions and root resorption are common iatrogenic complications frequently associated with orthodontically treated patients, or non-treated individuals with tooth crowding, the consequence of 'bigger teeth in smaller jaws'. The symptoms of gum recession include orthodontic relapse, resorption of roots, unfavorable esthetics, and breathing issues. Complicating factors may occur either in the short term or many years following treatment. Today, CAT scan technology enables us to identify individuals at risk and to provide relatively simple treatment, prior to the initiation of orthodontic treatment.

When consulting with an orthodontist, ask the question, 'Why do I or my child have orthodontic crowding, and/or tooth impactions and should we also be addressing the etiology of these problems' which is a discrepancy between the size of the actual teeth in 3 dimensions, versus the actual width and thus deficiency of the available jawbone, to accommodate these discrepancies, in three dimensions.

Today, relatively innocuous grafting procedures exist which predictably minimize the post treatment complications either in the short term or the long term. Using 3d CAT scan technology prior to the initiation of orthodontic treatment this technology enables us to identify patients at risk for gum recession and orthodontic relapse post orthodontic treatment and complete a relatively simple procedure in which we augment the deficient bone prior to initiating orthodontic treatment. This treatment is an essential supplement to the proposed orthodontic treatment.

These augmentation procedures are also provided to non-orthodontic adult patients prior to the onset of substantial restorative endeavors. Essentially, SFOT is an augmentation procedure, provided for teeth demonstrating periodontal dehiscences, fenestrations and a thin phenotype. (See images below). A secondary benefit of SFOT is that teeth move quicker due to the Regional Acceleratory Phenomenon (RAP) effect especially for vertical tooth movement through thin cortical bony plates (intrusion for levelling a discrepant curve of Spee or pathologically deep overbite).

Additional information is available on my website, under the dropdown tab, Patient Education.
www.drcolinrichman.com or www.integrateddentalseminars.net (7/31/2025)



Colin Richman, DMD.

richmancs@gmail.com; 404/784-7272; www.IntegratedDentalSeminars.net.

Practice Limited to Periodontics (SFOT; Perio-systemic link; LANAP).

