

The Power of Expansion Orthodontics: Creating Beautiful Smiles and Better Breathing

When most people think about orthodontics, they picture straight teeth and a confident smile. However, at Michelle Allar Orthodontics in Mooresville, NC, we believe orthodontic treatment is about much more than esthetics—it's about health, function, and overall well-being. That's why we specialize in **expansion orthodontics**, a powerful approach that not only creates broad, beautiful smiles but also improves breathing and airway health for both children and adults.

What Is Expansion Orthodontics?

Expansion orthodontics focuses on **gently widening the upper jaw** to create more space for teeth and improve airway function. Instead of extracting teeth to make room, we use specialized techniques with our braces or Invisalign to broaden the dental arches. In some cases with narrow maxillas, we also use appliances like **expanders** and **MARPE's** to augment natural jaw growth. This approach allows for a more stable bite, a fuller smile, and—most importantly—**enhanced airflow through the nasal passages and throat**.

How Expansion Orthodontics Improves Airway and Breathing

Many children and adults suffer from **restricted airways** without even realizing it. A narrow upper jaw can contribute to conditions such as:

- **Mouth breathing**
- **Snoring and sleep apnea**
- **Poor sleep quality**
- **Chronic fatigue and concentration/cognitive issues**
- **Frequent allergies and sinus problems**

By expanding the upper jaw, we open up the airway, allowing for easier nasal breathing. This not only reduces the risk of sleep-disordered breathing but also supports overall **better oxygenation, brain function, and long-term health**. Once we change the structure, it is important to change the function of the tongue to maintain the expansion. So, we work with **myofunctional therapists** when needed.

Why Avoid Extraction Orthodontics?

At Michelle Allar Orthodontics, we believe in **preserving and enhancing natural growth** rather than removing permanent teeth whenever possible. Extracting teeth can sometimes lead to a narrower dental arch, which may worsen airway issues rather than improve them. Our approach ensures that patients maintain **broad, well-balanced smiles** that function optimally for a lifetime.

Who Benefits from Expansion Orthodontics?

Both children and adults can benefit from our airway-focused orthodontic approach. Early intervention is particularly beneficial because a child's jaw is still developing and responds well to expansion. However, **adults experiencing breathing issues** and **sleep apnea** will also see significant improvements with properly designed expansion treatment.

Trust Mooresville's Experts in Expansion Orthodontics

Dr. Michelle Allar and her team are leading experts in **non-extraction, airway-focused orthodontics**. Our mission is to provide customized treatments that enhance both your smile and overall health. If you or your child struggle with **breathing issues, snoring, or a narrow palate**, expansion orthodontics may be the solution you've been looking for!

Schedule a Consultation Today! Ready to learn more about how expansion orthodontics can improve your smile and your health? **Contact us today!** Our team is here to help you achieve a healthier, more confident future.