



Dr. Carrie Schwartz and Dr. Michael Tilghman

Tilghman Orthodontics

Smiles that bring a lifetime of happiness.

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Watching baby teeth emerge is so thrilling for parents as those tiny pearly whites come in one by one, changing your baby into a toddler and then a big kid. The excitement then builds in another way when your son or daughter starts feeling that first wiggle in their mouth, and baby teeth give way to adult teeth. Dismay might set in though, when those smiles are showing crooked teeth, overbites, underbites, or even speech issues.

That's why Dr. Michael Tilghman of Tilghman Orthodontics recommends children are seen for their first orthodontic visit while the baby teeth are still in. Checkups by the time a child is seven years old can discover issues that might lead to bigger problems down the road. Dr. Tilghman and Dr. Carrie Schwartz believe so strongly in these early consultations, recommended by the American Association of Orthodontics, that there is never a fee for this initial visit. Referrals are not needed either, so it's easy to get started on the path to a beautiful smile.

An initial consultation includes digital x-rays and intraoral photos, then an exam by the orthodontist. Patients and their parents are seen in a private consultation room with a reclining exam chair and a monitor to show images. A child's mouthful of baby teeth might look simply fine, but the images show what going on under the gumline. "Parents are often surprised at what these detailed records reveal," Dr. Tilghman said. One of the biggest concerns they look for is crowding of the adult teeth, and that can only be seen on imaging. Sometimes selective removal of baby teeth is recommended, so there is room for the new teeth to push through.



“We can monitor growth and development to select optimal timing for intervention,” Dr. Tilghman pointed out. Important concerns include underbites, crowded teeth affecting hygiene, and misaligned teeth affecting speech or causing chipping and breaking. Another consideration is dental issues during the “ugly duckling phase” of childhood development; while that is normal, if a child’s teeth become the source of teasing or bullying, early intervention can be considered.

Starting with a child’s very first visit, the staff at Tilghman Orthodontics focuses on building a relationship with patients and their families. Getting to know their patients helps both children and their families feel much more comfortable during the treatment process. They also work in partnership with a child’s general dentist to make recommendations for the best course of treatment.

Monitoring problems and taking care of issues earlier can also save a patient money. Oftentimes, early intervention means a patient has a shortened treatment time. All care is individualized, as well. “I can customize it to the patient. We are not a one-size fits all,” he explained. “It’s completely customized to the patient’s needs and even throughout treatment, we can completely change the method.”



Complimentary Consults Include :

- Medical & Dental History Review
- Digital X-Rays & Photos
- Oral Examination
- Doctor's Assessment & Recommendations

Common concerns to look out for:

- Underbites – when the lower teeth are ahead of the upper front teeth
- Crossbites – when the upper teeth are inside the lower teeth
- Shifting – when the jaw shifts to one side as the teeth come together
- Very crowded teeth
- Excessively spaced teeth
- Extra or missing teeth
- Teeth that don't meet properly
- Issues caused by thumb, finger, or pacifier sucking



A patient might start out in traditional braces, then move to clear aligners as treatment progresses. All methods of orthodonture are available at their practice, from metal braces to aligners to clear brackets. Their own practice-branded clear aligners, Smiles Correct, are made in house in their state-of-the-art laboratory. A patient's teeth are digitally scanned to produce 3D images that are then used to print models to manufacture the aligners.

Tilghman Orthodontics treats people of all ages. While adults used to make up 10% of their practice, now it's about 40%. A patient of any age will be comfortable at their modern office, with its

spacious waiting room, uniquely decorated to appeal to children and adults.

Besides plenty of comfortable seating, there are tables and chairs for students to work on homework, siblings to play games, or parents to continue work while their child is being treated. Tucked in at the end of the room is the "selfie station" where patients can smile for the camera and have a few moments of fun. One wall of the room has been hand painted with smiles wearing braces and you can't help but smile when you see it.





The office also has a separate movie-style theater room where they play family-friendly flicks for a little diversion for patients or siblings.

Dr. Tilghman and Dr. Schwartz have more than 50 years of combined experience and stay up-to-date with the latest education and trends in orthodontics. They will soon attend the American Academy of Orthodontics' annual conference in Chicago, ready to learn and bring back innovative ideas as they continue to help patients of all ages achieve healthy smiles.



**TILGHMAN
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