

# SFOT

## SURGICALLY FACILITATED ORTHODONTIC THERAPY

Think of your teeth and jawbone like a house and its foundation. If you want to move walls or expand rooms, you need to ensure the foundation is strong enough to support those changes. SFOT works the same way; it prepares and strengthens the foundation (your bone and gums) so your teeth can move more efficiently and safely during your orthodontic treatment (braces or clear aligners). By creating a stronger foundation, SFOT ensures smoother, faster, and more effective tooth movement. Paired with soft tissue or bone grafting when needed, SFOT not only optimizes your orthodontic results but also helps preserve bone density and support overall oral health.

We work with your orthodontist or dentist to create a customized plan for your unique needs. Your orthodontic treatment focuses on straightening your teeth, while we ensure your bone and gum tissue are strong enough to support those changes safely. By combining our periodontal expertise with your orthodontic treatment, we help you achieve a beautiful, long-lasting smile in less time.



## HOW DOES SFOT WORK?

During the SFOT procedure, the alveolar bone is carefully cut and augmented with bone and soft tissue grafts as needed. This stimulates the natural healing process, creating a healthier environment that accelerates tooth repositioning. By enhancing the effectiveness and efficiency of orthodontic treatment, SFOT can significantly reduce treatment time, cutting it in half! SFOT does not require special orthodontic appliances; it works seamlessly with braces or clear aligners.

SFOT is that it's a one-time procedure with lifelong benefits. You're less likely to experience relapse, bone loss, or gum problems down the road. SFOT ensures your orthodontic results last as long as possible.

## DO I NEED SFOT?

While braces or clear aligners are designed to straighten teeth, they don't always consider the condition of the surrounding bone and gum tissue. For some patients, moving teeth without first preparing the bone and gum foundation can lead to:

- **Gum Recession:** When teeth are pushed through thin gum tissue, the gums can recede, exposing the roots and leading to sensitivity and potential tooth loss.
- **Bone Loss:** Insufficient bone support can lead to further jawbone deterioration, making it harder to maintain tooth stability.
- **Relapse After Orthodontic Treatment:** Without proper bone support, teeth may shift back into misalignment after braces or aligners are removed.
- **Prolonged Treatment Times:** Dense or misshapen bone structures can slow tooth movement, leading to longer treatment plans.



# WHO CAN BENEFIT FROM SFOT?

## If you have **NARROW ARCH FORMS**

- Patients with narrow dental arches often experience crowding, misalignment, and a lack of space for teeth to move. Traditional orthodontics may require extractions to create space, but SFOT stimulates bone remodeling, allowing for more efficient and stable arch expansion while minimizing the risk of soft tissue damage. By modifying the bone structure, SFOT ensures that teeth can move into a broader, more balanced position safely.

## If you have **SIGNIFICANT TOOTH MOVEMENT**

- When major tooth realignment is needed, traditional orthodontics can take several years to achieve the desired result, and without proper bone support, teeth may shift back over time. SFOT accelerates tooth movement while maintaining a strong periodontal foundation, reducing treatment time and ensuring stable alignment.

## If you have **GUM RECESSION**

- Moving teeth in patients with thin gum tissue can increase the risk of further gum recession, root exposure, tooth decay, and sensitivity. SFOT thickens and strengthens the gums before tooth movement. This reduces the risk of further gum recession, protects the roots, and enhances the long-term health and aesthetics of the smile.

## If you have **THICK BONE**

- Some patients have a heavy buttressing alveolar bone, which makes treatment slower and less predictable. By reshaping and optimizing the bone, SFOT eliminates unnecessary resistance, making tooth movement smoother, faster, and more controlled.

## If you have **BONE LOSS**

- Orthodontic treatment requires strong bone support for safe and effective tooth movement. However, patients with bone loss—often due to past gum disease or aging—are at a higher risk of complications. SFOT adds bone where needed, reinforcing the foundation before orthodontic treatment begins. This prevents further bone loss, ensures proper tooth support, and allows for more predictable, stable results.

## If you have **TIME RESTRAINTS**

- Many patients want to straighten their teeth but don't want to spend years in braces or clear aligners. SFOT increases the speed of tooth movement, allowing patients to complete orthodontic treatment in a fraction of the time.



## COMMON QUESTIONS

### **Q: What is the Recovery?**

After the procedure, you may experience swelling and tenderness. Minor oozing and/or bleeding is normal, up to 72hrs. You will be given a detailed instruction sheet. A soft food diet is recommended- no hard or crunchy foods. The days immediately after surgery, avoid eating or drinking hot foods or liquids. Cold or room temperature is better. No strenuous physical activity during the immediate recovery period. You should plan to rest at home for up to a week. You can read, watch TV, or work at a desk from home.

### **Q: Is SFOT Painful?**

It's typically well-tolerated, with most patients experiencing minimal discomfort managed with pain medications.

### **Q: How Much Does SFOT Cost?**

The cost of SFOT treatment depends on the personalized treatment plan; however, treatment costs can range from \$4K-\$10K per arch. We do offer financing options.

## WANT MORE INFORMATION?

Check out our website to learn more, watch our videos, and browse our stunning before-and-after gallery

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