

Introduction

Physical appearance is commonly the main concern for most patients undergoing orthodontic treatment. However, appearance may not always be the driving force for patients to seek orthodontic treatment. Furthermore, patients have different perceptions before and after the treatment process. Many factors play roles in the reason behind seeking orthodontic treatment and the perception of the outcome after treatment has been done.

The purpose of this study was to study the relation between the perception of participants who seek orthodontic care and their expectations

Therefore, we undertook a study to discern participants' opinions regarding their perception on orthodontic procedures, reasons for seeking care, expectations and commonly faced problems during orthodontic treatment.

Materials and Methods

Different ideas from all the researchers were put in to prepare a closed ended self administered questionnaire which is refined looking at the reference article's.

The questionnaire then was distributed to AIMST University students and outpatients who are presently undergoing orthodontic treatment.

The survey form include patients' personal information and twelve questions which included patient perception towards their own malalignment condition, duration and sources of getting orthodontic treatment, knowledge of treatment, reasons of seeking treatment, major problems encountered, and type of materials used.

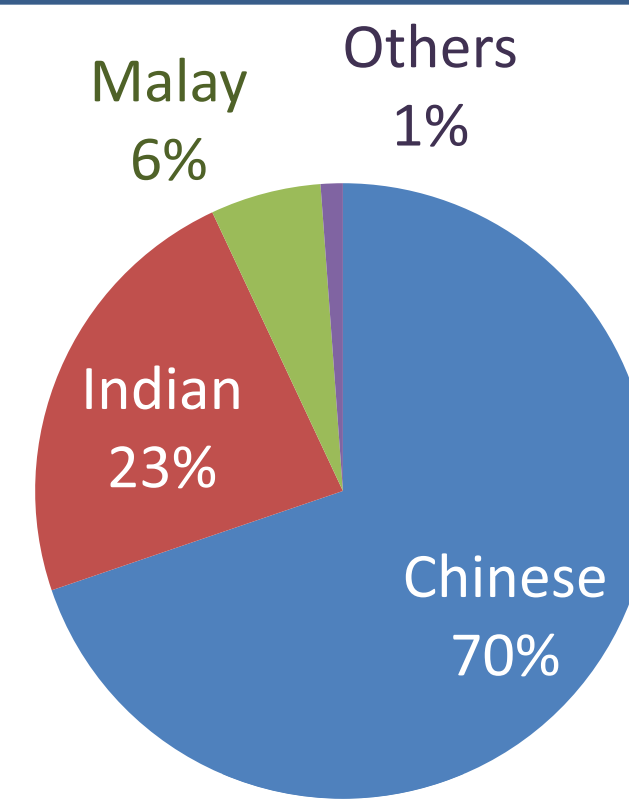
A total of 86 participants have completed the questionnaire. A descriptive analysis of the responses was undertaken using Microsoft excel.

Results

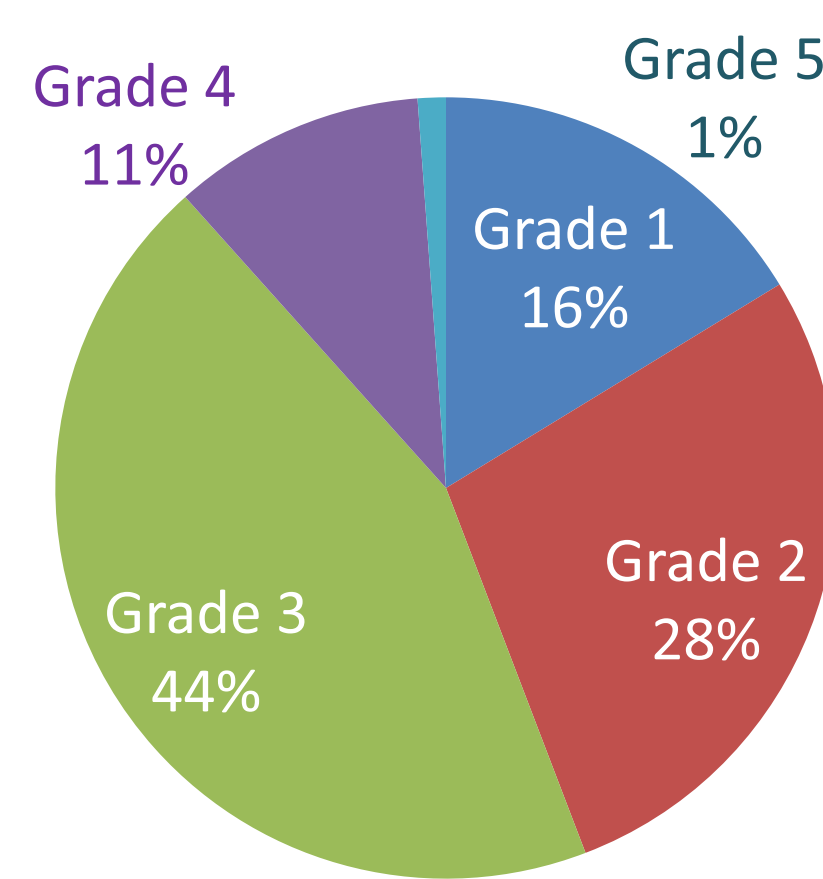
Profile of the participants

Males: 32 (37.2%)
Females: 54 (62.8%)

Age range: 10-24 years
Mean age : 21.1 years

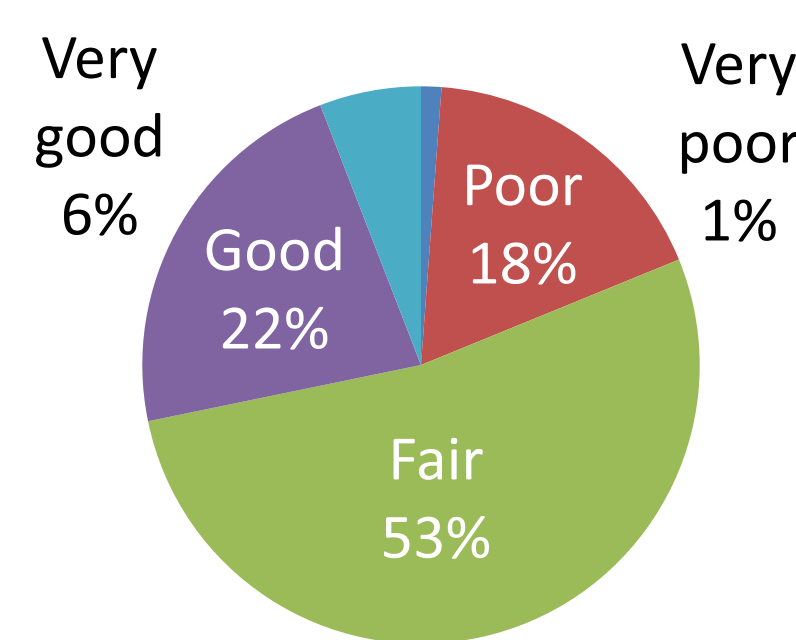


Please rate your teeth irregularities before starting orthodontic treatment?

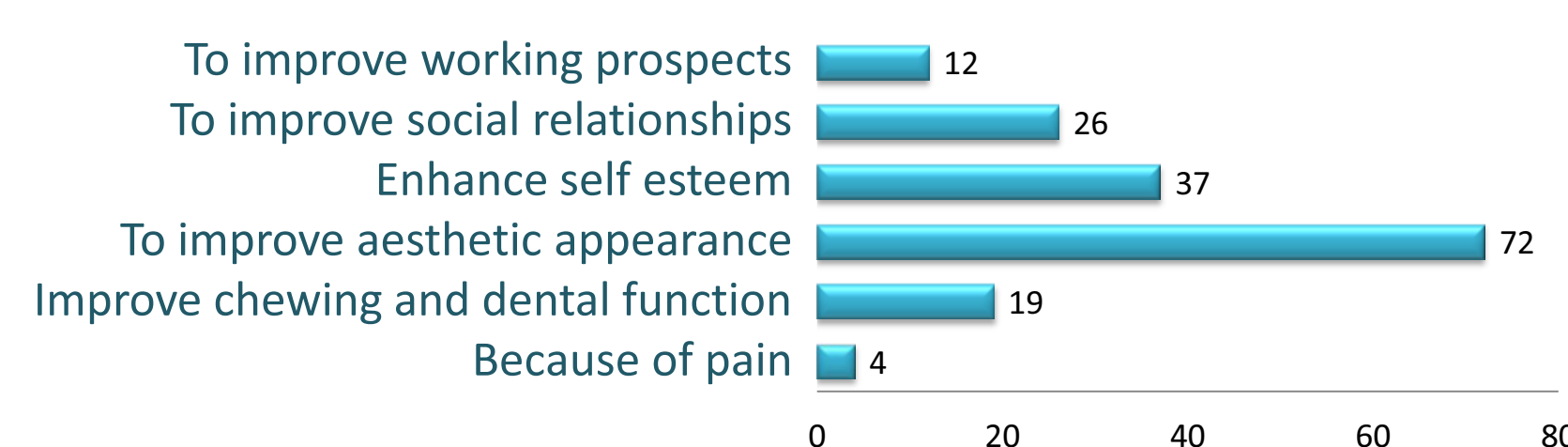


Grade 1: Is almost perfect with a very minor irregularity.
Grade 2: Minor irregularity with slight protrusion of front tooth
Grade 3: Moderate irregularities but no pain or problem in eating.
Grade 4: Severe degrees of irregularity affecting function
Grade 5: Very severe along with other dental problems.

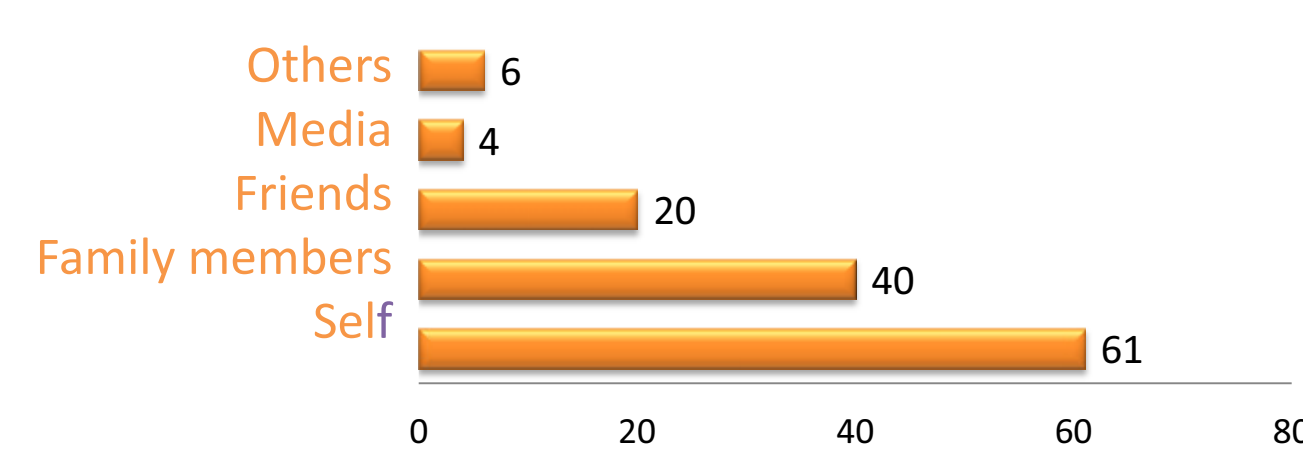
Rate your facial appearance before starting orthodontic treatment?



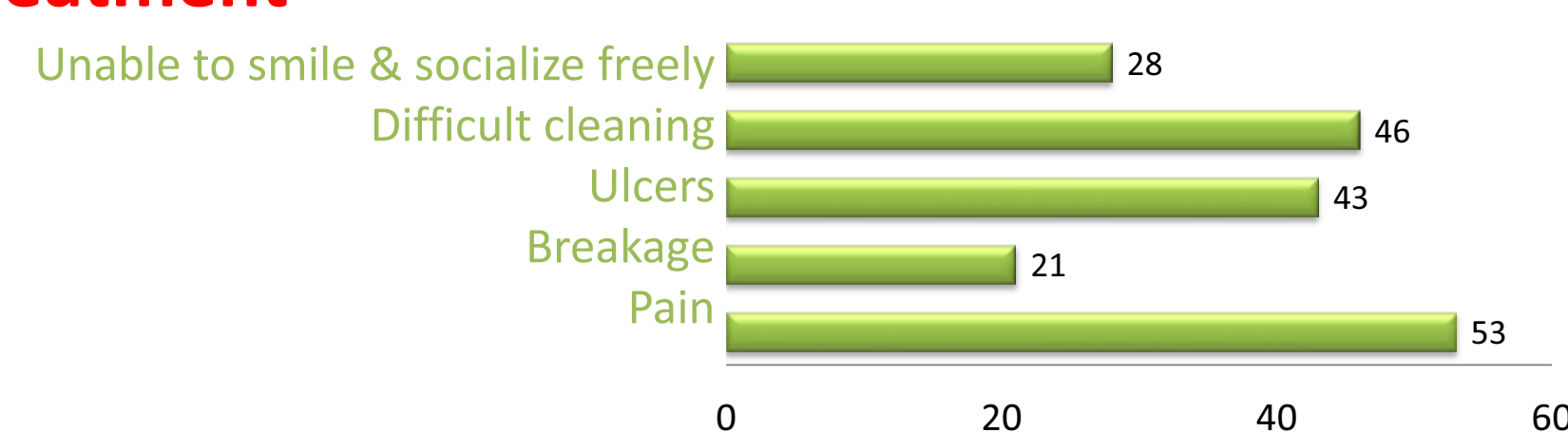
Reasons for getting orthodontic treatment



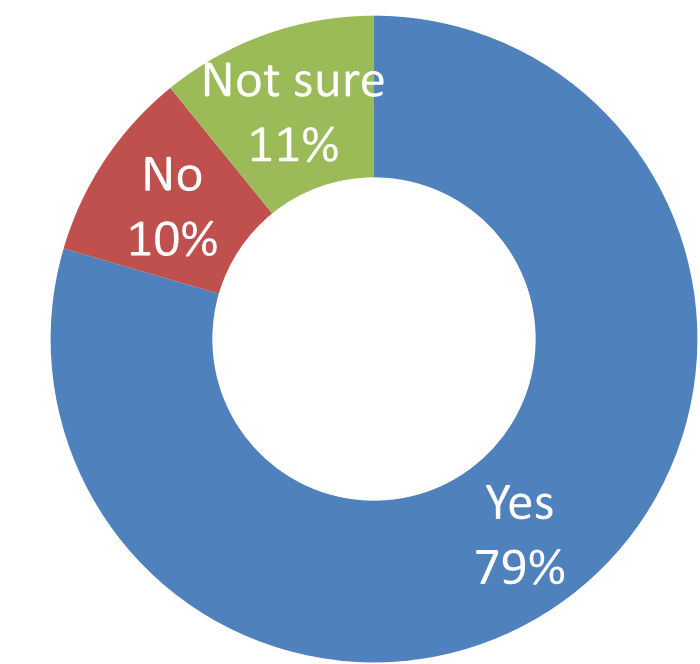
Who influenced you to seek orthodontic treatment



Major problems that you encountered during your treatment



Were you well informed about your treatment and necessary self care



The majority of patients undergoing orthodontic treatment are Chinese (69.8%) and females (62.8%). The most common reason for them to seek orthodontic treatment was to improve their esthetics (83.7%) with the perception that they had a decent facial appearance before the treatment (53%). Only 44% of them rated their status similar to IOTN grade 3. 48% of them received treatment in private practice and visited every 3 months (72%) for duration of 1-2 years (70%). Most of them are self-influenced (70.9%) and obtained their information from friends who receive/ are receiving their treatment (79.1%). Pain was the most common complaint (61.6%), followed by difficulty in cleaning (53.5%). Majority are provided with metal braces (76.7%).

Conclusion

Patients seek for orthodontic treatment to improve aesthetics. The patient should be informed of the complete treatment plan with emphasis on effective home care. It is also important to evaluate self needs as it will ultimately determine the outcome of orthodontic treatment.

References

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2. Abdullah AAA, Yassin Z, Zamzam N. Reasons for seeking orthodontic treatment: A pilot study. *Annal Dent Univ Malaya* 2001; 8: 13-19.
3. Sayers MS, Newton JT. Patients' expectations of orthodontic treatment: Part 2-findings from a questionnaire survey. *J Orthod* 2007; 34: 25-35.

