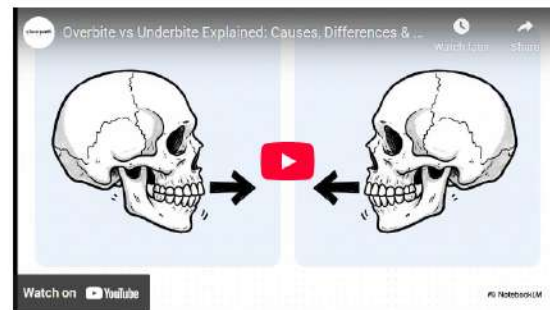


Expert Orthodontic Care for Bite Correction



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Overbite vs Underbite: Causes, Differences & Treatment

Malocclusions—aka bite misalignments—are more common than you think. Two of the most prevalent types are overbites and underbites. Whether you're a concerned parent or an adult exploring orthodontic treatment, understanding these bite issues is the first step towards a healthier, straighter smile. In this guide, we break down everything you need to know about overbite vs underbite, their causes, differences and how ClearPath Orthodontics can help.

[Read More: Why Dentists Are Switching to Clear Aligners](#)

What Is an Overbite?

An overbite occurs when the upper front teeth excessively overlap the lower front teeth. While a slight overbite is normal, a pronounced one can cause functional and aesthetic problems.

Causes of Overbite

- Genetics (Inherited jaw shape)
- Thumb sucking or prolonged pacifier use
- Tongue thrusting
- Nail biting or pencil chewing
- Loss of back teeth without replacement

Types of Overbites

1. **Dental Overbite:** Caused by misaligned teeth rather than jaw position.
2. **Skeletal Overbite:** Due to an irregular jaw size or shape, often requiring more intensive treatment.

Risks of an Untreated Overbite

- Difficulty biting and chewing
- Speech issues
- Jaw pain or temporomandibular joint (TMJ) problems
- Increased risk of tooth wear and damage
- Gum recession and oral hygiene challenges

[Read More: What to Expect in Your First Week with Clear Aligners](#)

What Is an Underbite?

An underbite is the opposite of an overbite—it occurs when the lower front teeth protrude beyond the upper front teeth. This is typically more noticeable and can severely impact jaw function.

Causes of Underbite

- Genetic jaw discrepancies
- Childhood habits like pushing the tongue against the lower teeth
- Delayed loss of baby teeth or abnormal permanent teeth eruption

Types of Underbites

- 1. **Dental Underbite:** Misalignment caused by tooth position.
- 2. **Skeletal Underbite:** Caused by a disproportionately large lower jaw or small upper jaw.

Risks of an Untreated Underbite

- Difficulty chewing and speaking
- Chronic jaw pain
- Higher risk of tooth decay and gum issues
- Facial imbalance or asymmetry
- Wear and tear on enamel

Overbite vs Underbite: Key Differences

Let's look at a quick comparison to understand the distinct features of each:

Feature	Overbite	Underbite
Jaw Alignment	Upper teeth extend over lower	Lower teeth extend beyond upper
Common Causes	Thumb sucking, heredity, tooth loss	Genetics, prolonged habits, jaw size
Risks	Jaw pain, tooth wear, speech issues	TMJ pain, chewing difficulty, facial imbalance
Treatments	Braces, aligners, surgery (severe cases)	Braces, aligners, jaw surgery
Common Age Group	Both children and adults	Both children and adults
Malocclusion Class	Class II	Class III

Read More: [How Clear Aligners Improve Oral Health—Not Just Your Smile](#)

Overbite and Underbite Treatment Options

Thanks to modern orthodontics, overbites and underbites can be treated effectively. The right approach depends on the type and severity of the malocclusion.

Non-Surgical Treatments

Braces

Traditional metal or ceramic braces gradually reposition teeth and correct bite issues. They're effective for both dental overbites and underbites.

Clear Aligners

ClearPath Aligners offer a discreet and comfortable solution. They're especially effective for:

- **Clear aligners for overbite** (mild to moderate cases)
- **Clear aligners for underbite** (when caused by dental misalignment)

Orthodontic Appliances

Functional appliances, such as headgear or bite correctors, may be used in growing children to modify jaw development early.

Surgical and Advanced Options

Jaw Surgery (Orthognathic Surgery)

Necessary in severe **Class II** (overbite) or **Class III** (underbite) malocclusions, where jaw bones must be repositioned.

Tooth Extraction

If overcrowding is present, selective extraction may be recommended to create space for proper alignment.

Deep Bite Treatment

Severe overbites (deep bites) may require a combination of braces and surgery, depending on jaw involvement.

Read More: [How Can Aligned Teeth Benefit Your Health Beyond Aesthetics](#)

Early Orthodontic Intervention

Starting treatment early can prevent complications later.

Overbite in Children

Interceptive orthodontics between ages 7–10 can reduce the need for braces later.

Underbite in Adults

Adult underbites can still be treated effectively, although it may take longer and sometimes involve surgical options.

Read More: [How to Manage Clear Aligners While Fasting](#)

The Consequences of Untreated Overbite or Underbite

Ignoring bite misalignment can have serious long-term effects:

- Chronic jaw pain and headaches
- Abnormal facial structure
- Tooth grinding and enamel wear
- Speech impediments
- Poor self-esteem due to visible misalignment

Why Choose ClearPath Orthodontics?

ClearPath is a pioneer in clear aligner technology in Pakistan and beyond. Here's what sets us apart:

1. Precision: Customized 3D scans and digital treatment plans ensure accurate alignment.

- **Customised Treatment:** Each aligner is tailor-made based on 3D digital scans.
- **Orthodontist-Supervised:** Your journey is guided by certified professionals.
- **Comfort & Aesthetics:** Transparent, removable aligners that fit seamlessly into your lifestyle.
- **Local Expertise:** Designed and manufactured in Pakistan to global standards.

Whether you need underbite treatment or overbite correction, ClearPath Aligners are a modern, safe and effective solution.

Post-Treatment & Maintenance

The journey doesn't end once your smile is aligned.

Retainers

Wearing retainers post-treatment helps maintain the new position of your teeth and prevents relapse.

Follow-Up Visits

Regular check-ups ensure your progress is on track and allow early detection of any issues.

Oral Hygiene

A clean mouth keeps your smile healthy. Brush twice daily, floss and rinse with mouthwash to maintain results.

Book Your Consultation at ClearPath

Whether you're dealing with an overbite or underbite, early intervention and expert care can transform your oral health and confidence. ClearPath Orthodontics offers a modern, customised solution with our world-class aligners. Don't wait for discomfort to become distress—**book a consultation today** and take the first step toward a confident, corrected bite.

FAQ's

Q1: What is the difference between Class II and Class III malocclusion?

Q2: Do Clear Aligners Fix Deep Bite?

Q3: Is Underbite Surgery Always Necessary?

Q4: Can Adults Get Treatment?



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