

Precise, Comfortable Open Bite Treatment by ClearPath

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Open Bite Treatment with ClearPath Aligners

An open bite is a bite problem in which some of the upper and lower teeth do not meet when the jaws are closed, leaving a visible gap between them. Open bite treatment options range from habit correction and traditional braces to clear aligners and, in severe skeletal cases, jaw surgery. For many mild to moderate cases, clear aligners for open bite offer a discreet, removable and digitally planned alternative to fixed braces.

ClearPath Aligners is an FDA and DRAP approved clear aligner brand, manufactured in Pakistan since 2007 and prescribed through certified dentists and orthodontists. This guide explains what an open bite is, why it develops, how it can be treated, and how open bite treatment with ClearPath Aligners works for suitable patients.

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

What Is an Open Bite?

In a healthy bite, the upper teeth close slightly over the lower teeth so that opposing teeth make even contact. An open bite means there is no vertical overlap: when you close your jaws fully, an open space remains between certain upper and lower teeth.

That missing contact matters. Teeth that never meet cannot share the workload of biting and chewing, so other teeth absorb extra pressure.

Because an open bite can be caused by tooth position, jaw growth, habits or a combination of these, an accurate diagnosis by a dental professional is the essential first step of any open bite treatment plan.

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

Types of Open Bite

Anterior Open Bite

The most common form. The upper and lower front teeth do not touch when the mouth is fully closed, leaving a gap at the front of the smile. Patients often notice they cannot bite cleanly through food with their front teeth.

Posterior Open Bite

Less common. The back teeth fail to meet on one or both sides, while the front teeth may touch normally. Because the back teeth do most of the chewing, this can noticeably affect how food is ground down.

Dental Open Bite vs Skeletal Open Bite

A dental open bite is caused mainly by the position or eruption of the teeth themselves. A skeletal open bite is caused by the way the jaw bones have grown, for example a lower jaw that rotates downwards and backwards. Many patients have a combination of both.

This distinction strongly influences treatment selection. Dental and milder cases can often be managed with tooth movement alone, while significant skeletal open bites may need additional mechanics or, occasionally, surgical evaluation.

Common Causes of Open Bite

Thumb or Finger Sucking

Prolonged thumb or finger sucking in childhood can hold the front teeth apart while the jaws are still developing, gradually shaping an anterior open bite.

Tongue Thrusting

Some people push the tongue forward between the front teeth when swallowing or speaking. Repeated thousands of times a day, this gentle pressure can keep the front teeth from meeting.

Oral Habits

Long-term dummy (pacifier) use, nail biting, pen chewing and similar habits can also contribute to how the teeth erupt and settle.

Jaw Growth and Skeletal Factors

If the jaws grow in a way that increases the vertical distance between the upper and lower teeth, an open bite can develop even without any habit.

Genetic Factors

Facial and jaw proportions run in families, so some patients inherit a growth pattern that makes an open bite more likely.

Other Dental and Functional Factors

Chronic mouth breathing, jaw joint changes and the way individual teeth have erupted can also contribute.

Most patients have more than one contributing factor. A professional assessment is needed to identify the underlying causes before treatment is planned, because unaddressed habits can undo an otherwise successful correction.

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

Symptoms and Problems of Open Bite

An open bite affects both function and appearance. Depending on the type and severity, patients may notice:

- Front teeth that visibly do not meet when the mouth is closed
- Difficulty biting into certain foods, such as sandwiches or apples
- Difficulty chewing efficiently
- Speech or pronunciation concerns in some patients, particularly with "s" and "th" sounds
- Changes in smile appearance
- Uneven tooth contact when biting together
- Possible excessive stress on the teeth that do meet
- Oral hygiene challenges depending on tooth position
- Self-confidence concerns related to the smile

Not every patient experiences every symptom. Some people with a mild open bite have very few functional complaints, while others find chewing and speech noticeably affected.

Why Should Open Bite Be Treated?

Treatment may be considered when an open bite affects bite function, chewing, speech, tooth contact, smile appearance or long-term oral health. When only a few teeth carry the full force of the bite, those teeth can experience extra wear and stress over the years.

Beyond function, many patients simply want a smile in which the teeth come together naturally. Whether treatment is advisable, and which option fits best, is a decision to make with your dentist or orthodontist after a proper assessment.

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

Open Bite Treatment Options

There is no single best treatment for every open bite. The right approach depends on the diagnosis, the type of open bite, its severity, and the patient's age and goals.

Behaviour and Habit Modification

Where a habit such as tongue thrusting or thumb sucking is driving the open bite, addressing that habit is often part of the plan, either on its own in growing children or combined with orthodontic treatment.

Traditional Braces

Fixed braces use brackets and wires to move teeth into better positions and bring the bite together. They remain a reliable option across a wide range of cases and are often preferred for complex corrections or younger patients.

Clear Aligners

Clear aligners are custom-made removable trays that move teeth gradually according to a digital plan. For selected open bite cases, they can guide the front teeth into contact while carefully controlling the back teeth, making them a popular choice for adults seeking open bite correction without braces.

Additional Orthodontic Treatment

Some cases need extra orthodontic mechanics alongside braces or aligners, such as elastics or other auxiliaries prescribed by the treating clinician, to achieve the required tooth movements.

Orthognathic Surgery

A small minority of severe skeletal open bites cannot be fully corrected by moving teeth alone and may be referred for specialist evaluation, where jaw surgery combined with orthodontics is considered. Surgery is reserved for selected severe cases, not routine treatment.

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

Why ClearPath Aligners for Open Bite Treatment?

ClearPath Aligners combines local manufacturing with international approvals, and every case is planned and supervised by a certified dentist or orthodontist. For patients whose open bite is suitable for aligner treatment, the approach offers several practical benefits:

- Customised treatment planning: every set of aligners is designed around your teeth, your bite and the specific movements your case requires.
- Digital orthodontic workflow: your treatment is mapped on the CP Smart planning platform, so you and your clinician can preview the projected tooth movement before the first tray is made.
- Clear, removable trays: aligners come out for meals, brushing and flossing, so daily life and oral hygiene carry on much as normal.
- Discreet appearance: the trays are nearly invisible in everyday conversation, which many working adults value.
- Gentle, consistent force: the tri-layer aligner material is designed to deliver gentle, continuous pressure for comfortable tooth movement.
- Professional supervision: a certified provider oversees your case from assessment to completion. ClearPath is doctor-led, never a do-it-yourself product.
- Progress monitoring and refinement: your clinician reviews progress at intervals and can order refinement aligners if your teeth need additional fine-tuning.
- Retention planning: retainers are built into the plan from the outset to protect your result.

Honesty is part of the approach: aligners do not suit every open bite. If your case needs a different treatment, a trained ClearPath provider will tell you and explain why.

How ClearPath Aligners Can Help Treat an Open Bite

Open bite treatment with ClearPath Aligners follows a structured, doctor-led process from first visit to retention.

Step 1: Initial Assessment

A certified dentist or orthodontist examines your teeth, gums and bite, identifies the type and likely causes of your open bite, and confirms whether aligners are appropriate for you.

Step 2: Digital Scan

Step 2: Digital Scan

Digital scans or impressions of your teeth are taken and sent to ClearPath. These records form the exact 3D model on which your treatment is planned.

Step 3: Treatment Planning

Your clinician evaluates the tooth movements your open bite requires and creates a customised, step-by-step plan on ClearPath’s digital platform. You see a simulation of the projected movement before treatment begins.

Step 4: ClearPath Aligner Production

Once your clinician approves the plan, your customised aligners are manufactured to precise tolerances and delivered for fitting.

Step 5: Wearing the Aligners

You wear each set of aligners for 20 to 22 hours a day, removing them only for eating, drinking anything other than water, and cleaning. Consistent wear is the single biggest factor within your control.

Step 6: Progress Monitoring

Your treating clinician reviews your progress at scheduled check-ups to confirm your teeth are tracking with the plan. Visits are typically shorter and less frequent than with braces.

Step 7: Refinement When Required

Teeth respond individually, so some cases need a refinement stage: an additional series of aligners to fine-tune specific movements. This is a normal part of aligner treatment when clinically required.

Step 8: Retention

After active treatment, retainers hold your teeth in their new positions while the bone and soft tissues stabilise. Retention is the final step of treatment, not an optional extra.

Who May Be a Candidate for ClearPath Open Bite Treatment?

Suitability always depends on a professional clinical assessment, but aligner treatment is most often considered for:

- Mild open bite cases
- Selected moderate cases, depending on the tooth movements required
- Adult patients and older teenagers whose jaw growth is largely complete
- Patients whose open bite is primarily dental rather than strongly skeletal
- Patients willing to wear their aligners 20 to 22 hours a day and follow instructions

Some severe skeletal open bite cases require treatment beyond clear aligners, such as braces with additional mechanics or, occasionally, surgical evaluation. Only your dentist or orthodontist can confirm your eligibility after examining your case. This article is general information, not a diagnosis.

Clear Aligners vs Braces for Open Bite

Both clear aligners and braces can correct an open bite in appropriate cases. Neither is universally superior; the right choice is the one that matches your clinical needs.

Feature	Clear Aligners	Traditional Braces
Appearance	Nearly invisible clear trays	Visible metal or ceramic brackets and wires
Removability	Removable for eating and brushing	Fixed to the teeth throughout treatment
Oral hygiene	Brush and floss normally	Cleaning around brackets takes extra effort
Eating	No food restrictions; trays come out at mealtimes	Hard, sticky and chewy foods are restricted
Digital planning	Treatment mapped digitally before it begins	Adjusted progressively at clinic visits
Daily convenience	Fewer clinic visits; trays changed at home	Regular visits for wire adjustments
Case suitability	Mild to moderate cases, after professional assessment	Suitable for a wide range of cases, including complex cases

If your case suits both options, the decision usually comes down to lifestyle, appearance and convenience. If your case is complex, your clinician may recommend braces or combined treatment, and that recommendation is worth following.

How Long Does Open Bite Treatment Take?

Treatment duration varies from patient to patient. **Clear aligner treatment** typically takes around 12 to 18 months for moderate cases, and mild corrections can take as little as 6 months, but your case may differ. The main factors are:

- Severity and type of the open bite
- The tooth movements required
- How consistently the aligners are worn
- How your teeth and bone respond biologically
- Overall treatment complexity
- Whether refinements are needed

Your treating clinician will give you an estimated timeline for your specific case and update it as treatment progresses. No responsible provider can guarantee an exact finish date.

How to Get Better Results from ClearPath Open Bite Treatment

- Follow your dental professional's instructions throughout treatment.
- Wear your aligners for the prescribed 20 to 22 hours every day.
- Keep your aligners clean by rinsing and brushing them gently.
- Maintain good oral hygiene: brush and floss before reinserting your trays.
- Attend all scheduled follow-up appointments.
- Report any fit issues or unusual discomfort to your clinician promptly.
- Complete refinement aligners when your clinician recommends them.
- Follow your retention plan fully after active treatment ends.

Can Open Bite Come Back After Treatment?

Yes, relapse is possible after any orthodontic treatment, which is why retention is planned from the start. Teeth naturally tend to drift, and in open bite cases, the original causes can reassert themselves.

Long-term stability depends on wearing your retainers as prescribed, addressing habits such as tongue thrusting, resting tongue posture, and any ongoing skeletal change. No treatment can promise permanent results, but a well-followed retention plan and long-term monitoring give your new bite the best chance of lasting.

Find Out If ClearPath Aligners Are Right for Your Open Bite

If your teeth do not meet the way they should, the first step is simple: get your bite professionally assessed. A certified ClearPath provider can diagnose your open bite, explain your options honestly, and confirm whether ClearPath Aligners may be suitable for your case.

With 17+ years of experience, **FDA and DRAP approval** and a network of over 10,000 certified dentists, ClearPath makes clear aligner treatment accessible across Pakistan, including Lahore, Karachi and Islamabad, and in over 26 countries worldwide. Take the first step today: try the online candidacy check at patient.clearpathortho.com/am-i-a-candidate or contact ClearPath to find a certified provider near you.

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Contact Info

+92 42 111 333 276
 support@clearpathortho.com
 6N, Main Boulevard
Johar Town, Lahore



