



Republic of the Philippines
Department of Health
FOOD AND DRUG ADMINISTRATION



FDA ADVISORY
No. 2015-073

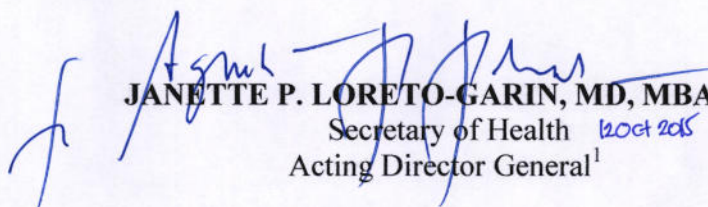
12 OCT 2015

SUBJECT: Health Warning on the Use of "Do It Yourself" Braces

The public is warned against using the "Do it Yourself" Braces. Dental braces are devices used in orthodontics that align and straighten teeth and help to position them with regard to a person's bite, while also working to improve dental health. Braces for tooth movement fall under the dental specialty of orthodontics which is the study and treatment of improper bite (malocclusion).

Moving teeth is a medical procedure and needs personal supervision by an orthodontist. The public should be wary of any suggestions to move teeth with rubber bands, dental floss, or other objects ordered on the internet. Moving teeth without a thorough examination of the overall health of the teeth and gums can increase the risk of infection and serious damage to the teeth and gums, including permanent loss of teeth, which may result in expensive and lifelong dental problems. Because of the risks involved, it would be beneficial for the public to be properly informed about the benefits and risks of any self-treatment situation such as the "do it yourself" braces. The public is advised to seek the information they need from a professional practitioner who has the knowledge, skill, and experience to know what is safe and what is not.

For inquiries and more information, kindly email us at info.fda.gov.ph.


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Secretary of Health *12 OCT 2015*
Acting Director General¹

¹ Pursuant to DPO 2015-1845

