

By Jenna Katz Schwibner, DMD, FAGD

Cosmetic Dentistry and Sleep Apnea



Dr. Jenna Katz Schwibner

With everyone wearing masks these days it is the optimal time to straighten your teeth without anyone even noticing. It's also apparently easier than ever with several do-it-yourself, discount clear aligner solutions now being mass advertised. Companies offering these services have been around for over 20 years, with Invisalign™ being the most recognizable brand. The technology has improved dramatically in recent years, accomplishing what could only previously be done through traditional brackets and wiring. Although the at-home programs appeal to those seeking straighter teeth, incorrect bites (traumatic occlusion), loose teeth and temporomandibular joint (TMJ) disorders often result from the lack of a comprehensive treatment plan and doctor oversight.

At my office, Dental Partners of Vero Beach, we leverage the extraordinary ability of these aligners to not just create beautiful smiles, but to correct a variety of other more serious ailments like sleep apnea and upper airway resistance in adults and sleep disordered breathing in children. If the jaw is underdeveloped and retruded back the airway will be compromised. By expanding and enlarging the jaw we can provide the proper space for the tongue and establish nasal breathing to set our patients up for a lifetime of improved breathing.

We are excited to share this airway-centric approach to orthodontics and dentistry in our community. If you feel that you may have sleep apnea or airway resistance (a milder form of sleep apnea) reach out to us today to see if you are a candidate to treat your apnea, CPAP free!



Jenna Katz Schwibner, DMD, FAGD is one of the practice owners of Dental Partners of Vero Beach. She is a Fellow of the Academy of General Dentistry, A Fellow of The Dawson Institute, a Healthy Start® and Myobrace provider, and has completed a mini-residency through Airway Health Solutions™. For additional information about sleep apnea, airway health, or any other dental-related topics, please call 772.569.4118 or visit VeroBeachDentist.com