



## It's never too late to be your best

You're never too old to benefit from orthodontic treatment. Today, adults make up about one in every five orthodontic patients. Here's why:

### Looking good.

Orthodontic treatment can help correct crooked teeth or spaces that you've been self-conscious about for years. It can give you the confidence and pride that come with straight teeth and a great smile.

### Maintaining dental health.

Leaving misaligned teeth untreated may lead to other dental problems including abnormal wearing of tooth surfaces and difficulty in chewing. Orthodontic treatment can help you keep good dental health.

Advances in orthodontics have made treatment more comfortable and more successful than ever for people of all ages. Orthodontists work with other dental practitioners — general dentists, periodontists, prosthodontists, oral surgeons — to provide a comprehensive approach to your dental health.

Your orthodontist, a member of the American Association of Orthodontists, sincerely thanks you for placing your confidence in him/her to treat your orthodontic needs. If you have any questions or concerns in the future, please consult your orthodontist.

Orthodontists receive an additional two to three years of specialized education beyond dental school to learn the proper way to align and straighten teeth. Only those with this education may call themselves "orthodontists," and only orthodontists are eligible for membership in the American Association of Orthodontists.



My Life. My Smile. My Orthodontist.™

### American Association of Orthodontists

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# Adult Orthodontics

A healthy, beautiful smile at any age



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# Questions and Answers

## Is orthodontic treatment effective for adults?

Yes. Healthy teeth can be moved at any age. Many orthodontic problems can be corrected as easily for adults as for children. Orthodontic forces move teeth in the same way for both adults and children.

## Do appliances have to show?

Many options are available today to minimize the appearance of braces. Today's appliances are smaller and sleeker, and some are next-to-invisible. Your orthodontist can advise you as to what options are recommended for your particular needs.

## Will orthodontic treatment fit my lifestyle?

You can do almost anything during orthodontic treatment — sing, play a musical instrument, dine out, kiss, and even have your picture taken. Some adjustments will be necessary, but, if you're like the vast majority of adult patients, you'll adjust quickly. New techniques and materials today have made wearing braces more comfortable than ever.

# A healthy, beautiful smile at any age



## Am I a good fit for orthodontic treatment?

Consulting with an orthodontist can help to determine if you can benefit from treatment. After carefully analyzing the nature of your needed correction, your orthodontist will recommend the best course of treatment for improving your smile.

## I'm missing some teeth. Can orthodontic treatment improve my bite?

Orthodontic treatment can create or hold space to replace missing teeth. The orthodontist will work with the dentist or dental specialist who will provide bridges or implants so that the patient achieves the best result.

## I've been treated for gum disease.

### Can my teeth be straightened?

Your orthodontist will consult with your dentist and/or periodontist about the health of your gums. If you are a candidate for orthodontic treatment, you will continue regular supervision with your dentist and periodontist. In many cases, tooth alignment can improve the health of the gums.

## How much does treatment cost?

The cost of orthodontic treatment will depend on many factors, including the severity of the problem, its complexity and length of treatment. Your orthodontist will be glad to discuss the cost with you before treatment begins. Patients are finding that braces are more affordable today than ever. Most orthodontists offer a variety of convenient payment plans, and many dental insurance plans now include orthodontic benefits.

## Why select an orthodontist?

Orthodontists are dental specialists who diagnose, prevent and treat dental and facial irregularities. They receive an additional two to three years of specialized education beyond dental school to learn the proper way to align and straighten teeth. Only those with this formal education may call themselves "orthodontists," and only orthodontists may be members of the American Association of Orthodontists (AAO).



BEFORE



AFTER