



# GOING BEYOND BRACES

FOR A STRAIGHT SMILE

Do you look in the mirror and dream of a new smile? Do crooked, crowded teeth or gaps in your grin stare back at you? What if you could gently guide your teeth into place without bulky or unsightly braces? Teens and adults of all ages are discovering alternative forms of teeth straightening that result in a confident, warm smile.

*Get ready to be inspired.*



# STRAIGHT TEETH, HEALTHY TEETH



Flashy metal grins fill the pages of most high school yearbooks, a rite of passage for many teenagers. Not long ago, misaligned teeth left you with two options: live with them or wire up. But today you'll find new ways to straighten out your smile. And that means a confident new look lies within reach of everyone, regardless of age.

For most patients, straight teeth lead to a terrific smile. But did you know that properly aligned teeth are healthier too? Overlapped, crooked, or rotated teeth create a daily cleaning challenge. Food and bacterial plaque accumulate slowly in the tiny spaces that your toothbrush and floss can't reach. The acidic toxins that seep out of the bacterial sludge can lead to cavities and inflamed, diseased gums. Helping even a single straggling tooth find its proper place can leave your entire mouth healthier.

Four methods beyond traditional braces open the door to a natural blend of beauty and health. With so many choices available today, a perfect smile may be easier than you think.

## Behind the Scenes

Some cases need the distinct benefits of metal braces for an ideal result. But what if braces could be placed on the inside of your teeth? That's how behind-the-teeth braces function. Secured like traditional braces yet completely hidden when you smile, they're always at work. Little chance for cheek or lip irritation makes this method a consideration for athletes and wind instrument musicians over age 13, for example. These stealthy braces often come with a slightly higher cost and not all orthodontists incorporate this technique. But if you're looking for a clean, uncluttered grin, you may be a candidate.

## Blending In

Translucent, clear braces may work if traditional straightening still fits you best, but you want to avoid the metal gleam. Your natural tooth color shows through both the brackets and the wires, reducing the contrast of materials in your smile.

Wires come in two varieties: clear plastic or white-coated metal. While white-coated versions provide the highest strength, plastic wires tend to maintain a better appearance over time. The ceramic or plastic brackets are extremely durable and stain resistant.

Although clear braces cost more than metal, they're a modern choice for toning down the metal-head look!



## Slip Sliding

At first glance, self-ligating braces may not seem much different than other options. Recent updates to this alternative method of treatment creates a few advantages. Most patients don't miss the large rubber bands that can be eliminated with this technique. The free-sliding wires reduce the pressure applied to the teeth. Along with less discomfort, this results in fewer trips to the orthodontist and shorter adjustment times.

Self-ligating braces come in metal, ceramic, or clear, and all versions feature small, less cumbersome brackets than traditional braces.

## A Clear Look

For ultimate camouflage, tray systems offer a modern straightening method. Designed with sophisticated software and 3D models of your teeth, a series of clear plastic trays provide precise alignment pressure. Medical-grade plastic without wires, metal, springs, or



rubber bands move your teeth into place. Your provider dispenses several sets of aligners at one time, allowing you to change to a new one at home every 2 weeks

Removable trays can be set aside for short periods to allow normal eating and cleaning. Enjoying an apple without the intrusion of brackets and wires works well for many patients. And the smooth plastic surface offers a comfort level unequalled by other forms of straightening. While aligner treatment works for 90% of straightening cases, some tooth movements may not be possible. Your dentist can help you determine if you're a good candidate for this innovative and proven orthodontic method. Your teeth are as individual as you are, but you are no longer stuck with the one-solution-fits-all traditional braces. Talk with us today about your best choices for a stunningly straight smile.

## As Unique As You!

Innovation in dentistry means more choices, greater comfort, and better results. The path to a confident smile with straight, healthy teeth has never been easier. We look forward to discussing the options with you and finding a solution that fits your lifestyle!