



### **It's never too late to perfect your smile!**

You're never too old to have a beautiful smile. You are never too old to benefit from orthodontic treatment. Adults make up nearly half the cases under treatment at any orthodontic practice. No matter what your age, proper alignment of teeth contributes to your good health and a beautiful smile.

### **Stay healthy...dental, too!!**

Teeth not arranged correctly in the mouth may lead to other dental problems such as tooth decay and gum disease, as well as abnormal wearing away of tooth. Teeth not meeting correctly, makes chewing of food inefficient and can cause digestive problems. Orthodontic treatment can contribute to good dental and overall health.

### **For that exquisite look**

A great smile, can make a great difference not only in one's personal but professional life, too. Correcting those crooked teeth or spaces, that you've been self-conscious about, without compromising the integrity of the tooth, with braces, can give you the confidence and pride that come with straight teeth and a great smile. Additionally, you are assured that the teeth are naturally healthy as they were, and will be, with regular care on your part.

Orthodontic/braces specialists in India receive a 2 to 3 years of specialized education and training at a Dental College, recognised by the Dental Council of India, in addition to the 5 -year basic dental training, training to learn the correct way to align and straighten teeth, control and utilize facial growth, enhance smile esthetics and jaw function. Only those who successfully complete this formal education program may call themselves **"Orthodontists,"** and only those orthodontists can be members of the Indian Orthodontic Society, the national association of qualified orthodontists in India. Selecting a member of the Indian Orthodontic Society for your orthodontic care is your assurance that the doctor is a person most qualified to do the job at hand.

If you have any questions or concerns throughout your treatment or in the future, please consult your orthodontist or visit our website.

# Adult Orthodontics

A healthy, beautiful smile at any age



# Questions and Answers

## Do braces actually work for adults ?

Yes. Age is not a criteria when it comes to orthodontic treatment. You are never too old to benefit from orthodontic treatment. Advances have made treatment better for people of all ages. Orthodontic forces can move healthy teeth successfully at any age. For the dentally compromised, orthodontists work with a team of other dental practitioners to provide a comprehensive treatment plan to create a better bite, making teeth fit better, and decreases the risk of future dental problems

## Is there an availability of appliances that are less visible ?

Adults can inconspicuously achieve the great smile they want. The latest appliances used by orthodontists are barely noticeable and are designed to minimize the appearance of the appliance. Consult your orthodontist about treatment options that would work best for you.

## Will I have change in my lifestyle due to orthodontic treatment ?

You can do almost anything during your treatment — sing, play a musical instrument, dine out, kiss, and even have your picture taken. Some temporary adjustments will be

**Happy smiles  
for a lifetime.**

required, but if you're anything like the majority of adult patients, you'll adapt quickly.

## How do I know whether I am a good candidate for orthodontic treatment ?

After consultation followed by a detailed case study analysis of your orthodontic problem,, your orthodontist can tell you whether orthodontic treatment is the best treatment option for you , or not, and recommend how you can achieve a healthy and beautiful smile.

## Can braces help, if I have a few teeth missing ?

Based on the case study analysis, an orthodontist can decide whether he/she would want to move teeth to close the space of the missing tooth, or retain, or increase the space such that correct relationship of each dental unit (teeth) is achieved. An orthodontist can stabilize your teeth such that shifting of the teeth does not occur or is minimized. A teamwork with dentist and other specialists, wherever needed, in such cases, helps achieve the best possible result.

## Is it painful ?

Braces do not hurt at all when they are applied to the teeth. Braces with wires are associated with mild soreness or discomfort after the orthodontic wire is engaged into the newly placed brackets that may last for

a few days. Over-the-counter analgesics can be used that greatly ease the discomfort.

## I've been treated for gum disease. Can I have orthodontic treatment ?

After careful analysis of your case, the orthodontist will help shed more light on this topic. It mainly depends on the quantum of bone loss you've suffered. In joint consultation with the dentist and/or periodontist, wherever needed, if it is assessed that the gum disease is under control and stable, then its okay for you to proceed with the treatment. During orthodontic treatment, you will continue regular visits with your dentist and/or periodontist

Getting your teeth in correct and stable position may just make controlling your disease easier for your dentist. Proper tooth alignment is one step closer to healthy gums.

## How much do I need to invest ?

The cost of orthodontic treatment depends on many factors, including the severity & complexity of the problem, condition of your mouth, length of treatment and the experience of the orthodontist The cost of braces also depends on the type you select. The costs will likely be higher if you choose non-metal/esthetic/invisible braces. Your orthodontist will discuss fees with you before treatment begins.

