

# Learn How Straight Teeth Can Make You Look Younger, Earn More Income, Find That Loved One, Better Your Marriage & Overcome Shyness in One Hour or Less ...

**By Reading This Free Report Using Adult Braces**

**& Dr. Donald Fox**

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It is estimated that 40 to 75 percent of the population could benefit from orthodontic treatment. Teeth need straightened so that you can your dentist can clean them easier so that you do not lose them. Some patients may receive treatment as children, while others seek treatment as adults. Each patient presents with a unique problem.

For some, early diagnosis and early treatment may be appropriate. It is recommended that children get an orthodontic check-up no later than age 7. Adults may have special considerations that may require inter-disciplinary care, which, of course, would be coordinated by your family dentist. The goal of every orthodontist is to provide each patient with the most appropriate treatment at the most appropriate time. By working together, we (dentists and orthodontists) can give our patients beautiful, healthy smiles that are good for life!



She has Clear Ceramic Braces!

## What is Orthodontics?

Orthodontics is a special discipline of dentistry concerned with aligning the teeth and jaws to improve one's smile and oral health. "Ortho" means correct or straight and "Odont" means tooth, so orthodontics combines these meanings: straight + teeth= straight teeth. Through orthodontic treatment, problems like crooked or crowded teeth, overbites or underbites, incorrect jaw positions and disorders of the jaw joints are corrected.

## What is an Orthodontist?

All orthodontists are dentists, but only about six percent of dentists are orthodontists. An orthodontist is a specialist in the diagnosis, prevention and treatment of dental and facial irregularities. Orthodontists must first attend college, and then complete a four-year dental graduate program at a university dental school or other institution accredited by the Commission on Dental Accreditation of the American Dental Association (ADA).

They must then successfully complete an additional two to three-year residency program of advanced education in orthodontics. This residency program must also be accredited by the ADA. Through this training, the orthodontist learns the skills required to manage tooth movement (orthodontics) and guide facial development (dentofacial orthopedics). Only dentists who have successfully completed this advanced specialty education may call themselves orthodontists.

## Why do people need braces?

**Crowding:** Teeth may be aligned poorly because the teeth are too large for the mouth. The bone and gums over the roots of extremely crowded teeth may become thin and recede as a result of severe crowding. Poor biting relationships and an undesirable appearance may all result from crowding.



**Overjet or protruding upper teeth:** Upper front teeth that protrude beyond normal contact with the lower front teeth often indicate a poor bite of the back teeth, and may indicate unevenness in jaw growth. Thumb and finger sucking habits can also cause a protrusion of the upper incisor teeth.



**Deep overbite:** A deep overbite or deep bite occurs when the lower front teeth bite too close or into the gum behind the upper teeth. When the lower front teeth bite into the palate or gum tissue behind the upper front teeth, significant bone damage and discomfort can occur.



**Open bite:** An open bite results when the upper and lower front teeth do not touch when biting down. This space causes all the chewing pressure to be placed on the back teeth. The excessive biting pressure and rubbing together of the back teeth makes chewing less efficient and may cause the teeth to wear.



**Spacing:** If teeth are missing or small for the mouth, space between the teeth can occur. The most common complaint from those with excessive space is poor appearance.



**Crossbite:** The most common type of a crossbite is when the upper teeth bite inside the lower teeth (toward the tongue). Crossbites of both back teeth and front teeth are commonly corrected early at age 7 due to biting and chewing difficulties.



**Underbite or lower jaw protrusion:** About three to five percent of the population has a lower jaw that is to some degree longer than the upper jaw. This can cause the lower front teeth to protrude ahead of the upper front teeth creating a crossbite.



## **How do braces work?**

Custom-made appliances, or braces, are prescribed and designed by the orthodontist according to the problem being treated. They may be removable or fixed (cemented and/or bonded to the teeth). They may be made of metal,

ceramic or plastic. By placing a constant, gentle force in a carefully controlled direction, braces can slowly move teeth through their supporting bone to a new desirable position.

## **When is the Right Time to Get Braces as an Adult?**

It's never too late to work on improving yourself or your appearance. Braces can do more than straighten teeth, improve bites and align jaws. They can make you happy. Just look around. The people who smile the most have beautiful teeth and confident self-images. Thanks to Dr. Fox, you can, too. He will work with you to achieve optimum results. And you have all the same exciting options children have, including clear, silver braces and practically invisible Invisalign and Orthoclear trays. A large percentage of our patients are adults, and they agree that it's never too late to improve their greatest asset – their smile.

## **Do Adults Really Get Braces?**

Many people didn't get braces when they were young. Either their parents couldn't afford them, or their teeth couldn't be straightened with the techniques of 40 years ago. Now they have problems with their teeth and gums, they get indigestion all the time or they are just unhappy with their smile. They can afford braces now, and want to do something for themselves, and their teeth and many times braces are the best choice. Other people did have orthodontic treatment when they were young, but they didn't wear their retainers (you should wear your retainer every night forever). The result is that their teeth are now a little bit crooked, and now they are unhappy with their smile, so they get braces again. Presently, as much as one-fourth of the orthodontic treatment is being done on adult patients. It is quite a change from 20 years ago when orthodontists were only treating children.

## **Is There Any Age Limit To Getting Braces?**

No, there are no age limits! Orthodontic treatment goes slower when you are older, and it feels different. Still, people as old as 90 are getting braces. People who live to 90 know how important it is to take care of themselves, and orthodontic treatment is part of it.

## **Why Do Adults Get Braces?**

Most adults get orthodontic treatment because they realize that taking care of your smile is part of taking care of yourself. Look at your smile. Your smile is the most important feature on your face. Look in the mirror. Are you happy with your smile now? Does your smile look as good as it did when you were younger? What do you think about someone who has a pleasing smile? Do you find them attractive? What do you think about someone who has an awful smile? Do they look old? Do you want to look old?

Orthodontic treatment can keep your smile looking young. At the end of orthodontic treatment, people's smiles end up looking fabulous. Wouldn't it be great if you looked fabulous?

## **Are There Any Health Advantages To Adult Braces?**

Braces are more than the means to a stunning smile - they can improve dental health and function. Braces can be used to move teeth that are overcrowding. Crowded or crooked teeth are harder for you and your dentist to clean which will lead to tooth decay, gum disease and other dental problems. Braces can correct severe bite problems that hamper eating and give a greater risk of gum disease, bone loss and early loss of teeth. These bite problems occur when the upper and lower jaw don't come together properly. Uncorrected bite problems also cause teeth to wear, make for difficult chewing and put stress on the jaw joints near the ears, producing pain (called TMJ).

## **Will I Be Stuck With A Metal Look?**

Today's braces come with more options to make them less obvious or, if a person chooses more obvious, with an element of fun and fashion. Most adult patients opt for clear or tooth-colored brackets. They are not apparent from a distance and hardly noticeable up close. For complete invisibility, braces can be fitted onto the inside of the teeth.

An alternative to braces, Invisalign clear trays can be used as long as the patient has all their permanent teeth or they are at least 13 years old. These companies use a series of clear removable aligners instead of wires and brackets. An orthodontist takes impressions of the teeth and sends these models to Invisalign. The company uses a computer generated simulation of the desired movement of the teeth to custom-make the aligners for each patient.

Each aligner is worn for about two weeks. The aligners are removable for eating, brushing, and flossing, so unlike people who wear braces, Clear tray wearers aren't restricted from eating hard or chewy foods. But, they still must visit their orthodontist every five to six weeks during treatment to ensure proper progress.



The total treatment time with clear trays averages between nine and fifteen months and the average number of aligners worn during treatment is between eighteen and thirty. For some people, a combination of braces and clear trays are successful, requiring less time than traditional braces.



Clear trays are intended to serve the same function as braces in terms of gradual tooth movement, but the devices aren't for everyone. It depends on the extent of the orthodontic problem, and they are not intended for children under 13. Clear trays are most effective in mild to moderate cases, but can't give the sophisticated tooth movement and control of braces. Over half of the patients examined by Dr. Fox are accepted for these new clear trays.



## **Worried About What Your Significant Other Will Think About Your Braces?**

Hmm, this is difficult because only you know your spouse. Most adults realize how important orthodontics is, and they will support your decision to take care of yourself. The key to acceptance is to have your significant other at the first visits to get educated along with you about why they're needed in the first place.

## **How Much Does Adult Orthodontics Cost?**

Orthodontic fees depend on the complexity of the case, the age of the patient, the type of appliances used and the estimated length of treatment. Since each case is different, a visit to the office for a complimentary examination will allow you to get a better idea of the fee.

We offer flexible payment plans that make orthodontic care affordable with low monthly payments. We accept and file most insurance. Please provide us with your insurance information at your complimentary Million Dollar Smile Makeover Examination.

## **The Key is feeling comfortable with free Information before you decide!**

### **5 Reasons Why You Must Choose Dr. Fox for Adult Braces:**

1. Dr. Fox treated himself with Invisalign!
2. **Discover How This New Technology Works.**  
**Dr. Fox has a Master's Degree in Braces, was #1 in his dental class, has a world research award in Braces given to him by the American Association of Orthodontists.**
3. He creates enough space between your teeth so extractions of permanent teeth become unnecessary in most cases! No one can guarantee that they will all fit, but Dr. Fox will give you the truth.
4. **Eliminate the discomfort and soreness associated with braces with the use of clear trays Invisalign that are virtually invisible. You can take these out when you eat!**
5. **Dr. Fox and his staff explain procedures that makes adults feel very comfortable with many stating, "I wish more medical & dental offices explained things like this to me ... they even showed me what my child's profile and straight smile will look like when it's all finished with their computers."**



Call my office and arrange to get your first visit.

I look forward to seeing you soon,

*Dr. Donald Fox*



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