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**HEALTHY  
SMILE AT  
ANY AGE**

# ADULTS



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# COMMON QUESTIONS BY ADULTS

## AM I TOO OLD FOR ORTHODONTIC TREATMENT?

Age doesn't matter. The key factor in determining a good candidate for treatment is the health of teeth and gums.

## HOW LONG DOES TREATMENT TAKE?

It depends on the complexity of the case as well as what the patient wants to achieve. A short-term touch up can be as little as several months, while comprehensive treatment could last several years.

## WHAT'S THE COST?

Orthodontic specialists customize both treatments and fees. After a face-to-face consultation, you can determine what type of treatment, appliances and results might work best for you. A flexible payment plan, which can include dental insurances, FSAs and HSAs, may be used to construct an affordable plan.

## CAN I GET APPLIANCES THAT ARE LESS NOTICEABLE?

Many of today's orthodontic treatments are designed to minimize the appearance of the appliance and better fit an adult lifestyle. Keep in mind, limiting your treatment options may limit your results. Whether it is clear braces, braces behind your teeth or clear aligners, you have discreet choices to help achieve your desired result.

## WILL TREATMENT FIT MY LIFESTYLE?

Certainly. You can still sing, play an instrument, dine out, kiss and do almost anything. Some temporary adjustments may be necessary, but most patients adapt quickly.

## HOW OFTEN ARE CHECK-UPS?

It will depend on the treatment recommendation, but the average is once every six weeks during active treatment.

## CAN TREATMENT HELP SOMEONE WHO HAS MISSING TEETH?

Yes! Orthodontic treatment can properly align your teeth and create the proper space for future dental procedures like veneers, crowns, implants, etc.

## DOES GUM DISEASE IMPACT ORTHODONTIC TREATMENT?

It is imperative to have a periodontal (gum) check up with either a periodontist or your general dentist to make sure that your mouth is a good candidate for treatment.

## WILL I EXPERIENCE DISCOMFORT?

Treatment is more comfortable than ever, thanks to new techniques and appliances. Discomfort, if any, is short-lived and can be managed with over-the-counter analgesics.



**1 IN 3  
ORTHO  
PATIENTS  
ARE  
ADULTS.**

*Orthodontists receive an additional two-to-three years of specialized education beyond dental school to learn the proper way to align teeth and correct bites. Only those who successfully complete this formal education may call themselves orthodontists, and only orthodontists can be members of the American Association of Orthodontists. Learn more: [aaoinfo.org](http://aaoinfo.org).*