

# Your Amazing Smile

## More Adults Are Treating Themselves To Straighter Smiles

(NAPSA)—If you think braces are “just for teenagers,” you may be in for a surprise. That’s because increasingly, adults are treating themselves later in life to straighten out their smile or correct their bite. In fact, according to a recent survey by the American Association of Orthodontists, one in five orthodontic patients is an adult and 65 percent of adults do not think that having braces has or will have a negative effect on their personal or professional lives.

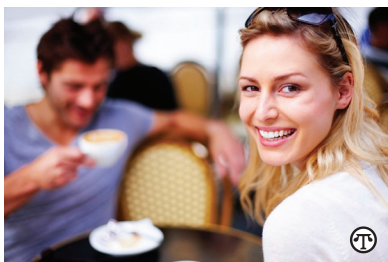
Many are finding that getting braces can be a smart idea, considering that braces can help correct painful problems with jaw alignment, in addition to straightening teeth. A properly aligned bite can help prevent abnormal wearing of tooth surfaces and make it easier to keep teeth clean.

By addressing issues such as tooth crowding and bite problems, you can create a smile that not only looks great but adds to the health of your whole body. Plus, while many people think orthodontic treatment has to take two years or more, some cases can be treated in just months. If you have a big event on the horizon, it’s possible that your smile could be transformed just in time.

### New Options

If appearance is a concern, there are several options that give adult wearers of braces more discreet choices. Braces with tooth-colored ceramic brackets, such as 3M™ Clarity™ ADVANCED Ceramic Braces from 3M, have a much more subtle appearance than traditional metal braces. These braces won’t stain or discolor, so they can keep their appearance over the course of your treatment.

You can also opt for “lingual” braces such as 3M™ Incognito™



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Braces from 3M. These hidden braces ([www.HiddenBraces.com](http://www.HiddenBraces.com)) are placed behind the teeth instead of in front and are completely hidden from view—a popular choice for adult patients who want to treat themselves to straighter teeth with totally invisible braces.

If the thought of keeping braces clean sounds like too much work, there are a variety of tools to help make it easier. Typical cleaning steps might include use of an oral rinse, a “tree brush” to remove food from behind the archwire, a water flosser to get to hard-to-reach areas, dental floss and a power toothbrush. In just a few minutes, you can remove food particles and plaque from around your braces. This will help prevent discoloration so that when the braces are removed, your smile will look brand new. [3MBraces.com/Brushing](http://3MBraces.com/Brushing) provides additional tips and advice to keep your braces and your teeth clean.

If you’re interested in joining the growing number of adults who are treating themselves to better smiles, you can find an orthodontist at [www.3MBraces.com](http://www.3MBraces.com).