

Smile with confidence

Improvements in orthodontic treatments mean a perfect smile is now not just the prerogative of A-listers

EVERYONE knows that first impressions are all-important. Having confidence in yourself and the way you look can make all the difference when meeting people for the first time and a big part of this is having a smile that you are not afraid to show off.

Although many of us will have been fitted with braces while still at school, years of neglect as well as general wear and tear means a surprising number of adults are going around with a smile they are ashamed of.

However, orthodontists are now offering more discreet dental work that can improve your smile without the embarrassment of clearly visible and unsightly metal braces – an ideal alternative for adults wanting straighter teeth.

The new and improved technology, called Lingual Appliances, means that braces are fitted to the inner side of the teeth making them completely hidden. Alternatively, patients can opt for tooth-coloured braces that are far less noticeable than the usual metal variety.

Limited Edition's Head of Magazines, Samantha Donald, had never been happy with the shape of her teeth and in February of last year decided to take the plunge and get a brace fitted.

"I have always been self-conscious about my bottom teeth as they are a bit crooked," explains Samantha.

"In the past, I have been told by dentists that I would need metal braces on both sets of teeth which really put me off as I hated the thought of having something so unsightly on my teeth, especially as I was happy with my top teeth. But when I discovered I could have a tooth-coloured brace on just my bottom teeth, I decided to give it a try."

An initial consultation took place where the procedure was carefully explained and an impression made of her teeth. Samantha then paid a return visit to have the brace fitted.

"It only took half an hour to fit. I was really worried that it would be painful but the whole process didn't hurt at all and I only felt a little discomfort after each tightening, which I had every six weeks.

"The main plus point was that it was completely unnoticeable – none of my friends even noticed and I only had to remember to be



careful not to eat really chewy or hard food. I was also given some wax to rub into the brace if it began to rub."

Samantha soon began to see the effects. At the end of ten months, her bottom teeth were perfectly straight and she was able to have the brace removed.

"I cannot tell you how pleased I am. It has given me so much more confidence – I feel as if I have a bigger smile. I would recommend it to anyone."

Where: Samantha had her orthodontic treatment at the Angle House Orthodontics, 54-58 High Street, Edgware, Middlesex. 020 8952 4596.

Cost: The price varies depending on each patient.

Reader offer – save 50%

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