



# Top 7

Orthodontic  
Myths 

**Debunked**



# Myth # 1

**My child doesn't need to see an orthodontist until referred by our dentist.**



The American Association of Orthodontists recommends that all children have an orthodontic screening by age 7. A referral from a general dentist is not needed.

The ideal time for an initial orthodontic consult is when your child's permanent molars and permanent front teeth have erupted. At our office, these consultations are free!

Usually, we'll just take baseline records to observe your child's growth and development and will not begin any treatment. Sometimes we identify early orthodontic issues before all the permanent teeth erupt, and interceptive treatment can prevent certain severe complications.

# Myth # 2

**Treatment is far too expensive and won't fit in my budget.**



Treatment requires a significant investment, but Roanoke Valley Orthodontics offers more payment options than ever to help our patients manage the cost of treatment, including:

- *Zero-interest financing and extended payment plans*
- *A discount for payment in full at the start of treatment*
- *We show you how to use FSA and HSA funds to save on taxes*
- *A family-care program that gives discounts when other family members are treated*
- *We work with third-party financing like CareCredit*
- *File with all insurance companies on your behalf to maximize your benefits*

We are committed to helping you find a financial arrangement that makes treatment possible.





# Myth #3

**Braces hurt and are uncomfortable.**



When you are at our office, nothing ever hurts! At your start appointment, we clean, dry and prepare your teeth then use an adhesive to attach the braces to each tooth individually. Once the braces are placed, the wires are inserted and secured with whatever colors you choose!

At your adjustment visits, we are simply changing out your wire or slightly adjusting the current wire. We no longer have to “tighten” your braces.

There may be some soreness a few hours after braces placement and adjustments, but it generally goes away in a day and can be handled with over-the-counter medication such as ibuprofen (Advil) and acetaminophen (Tylenol). We also recommend chewing sugar-free gum, which can help the soreness go away faster!

# Myth #4

**Straightening my teeth means a mouthful of metal.**



The braces at our office are low-profile, which means they are much smaller, more comfortable and less visible than metal braces used to be. Also, we rarely ever use metal bands anymore.

In addition, we offer two other excellent alternatives:

**Invisalign**, which is a system of clear aligners that are generated by computer simulation to gradually move the teeth.

**Clarity Advanced** clear ceramic braces that feature a comfortable design with a translucent appearance.



# Myth # 5

**I didn't get my teeth straightened as a child, and now I'm too old.**



You are never too old to seek orthodontic treatment to create your healthiest and most beautiful smile. We have treated many patients who are in their 80s!

Today, 25% of our patients are over the age of 18! Advances in orthodontic appliances and technology have given us treatment choices that are perfect for adults.

Adults receiving orthodontic care at our office are not only improving the health and longevity of their teeth and their bites, but they are receiving straighter, more pleasing smiles, which can boost confidence, self-esteem, and social and professional relationships.

# Myth # 6

**My schedule and skipping school won't allow for orthodontic appointments.**



Most patients in braces only have to be seen every six to 10 weeks. Because we schedule so far in advance, you can usually complete treatment while missing a minimal amount of school or work.

We schedule appointments based on each patient's needs and will always make a sincere effort to meet your scheduling requirements.





# Myth # 7

I can get the same result with braces or Invisalign at my dentist or with DIY aligners



There are a variety of orthodontic treatment options available, many of which claim to reduce treatment time down to as little as six months.

**Orthodontists** have extensive specialty training of two to three years beyond that of a general dentist. Attempting to straighten your teeth at home or with a dentist can be risky, and most people will not be happy with their results.



Schedule your *complimentary consultation* with us today at one of our three locations!

 **(540) 563-1640**

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