

## Orthodontic Myths and Facts

- **MYTH:** Orthodontists are appropriate only for the most challenging and complex orthodontic cases.
- **FACT:** Orthodontists recognize the difference between a simple case and a complex one. And when a case is challenging, orthodontists know what to do.
- **MYTH:** My family dentist says he can straighten my teeth.
- **FACT:** An orthodontist has 2-3 years of specialized training beyond dental school and is a specialist at straightening teeth and insuring proper form and function. A dentist may see a handful of cases a year amid drilling and filling. An orthodontist only practices orthodontics and treats hundreds of patients.
- **MYTH:** Braces are for kids.
- **FACT:** One in five orthodontic patients is an adult.
- **MYTH:** Orthodontists charge more than general dentists for orthodontic treatment.
- **FACT:** It's not the same work. The value in seeing an orthodontist for treatment is that the orthodontist is an expert, highly experienced and understands form, function and a wonderful smile.
- **MYTH:** Braces are painful and take two years or more for the desired result.
- **FACT:** After the adjustment period, like breaking in a new pair of shoes, braces are comfortable. Some may be worn for months, not years.
- **MYTH:** Braces are ugly, call attention to themselves and would be embarrassing in business settings.
- **FACT:** Today's braces may be nearly invisible, made from clear plastic, or unseen, mounted on the back (lingual) side of the teeth.
- **MYTH:** Any dentist may join the American Association of Orthodontists
- **FACT:** Only orthodontists may become members of the American Association of Orthodontists.