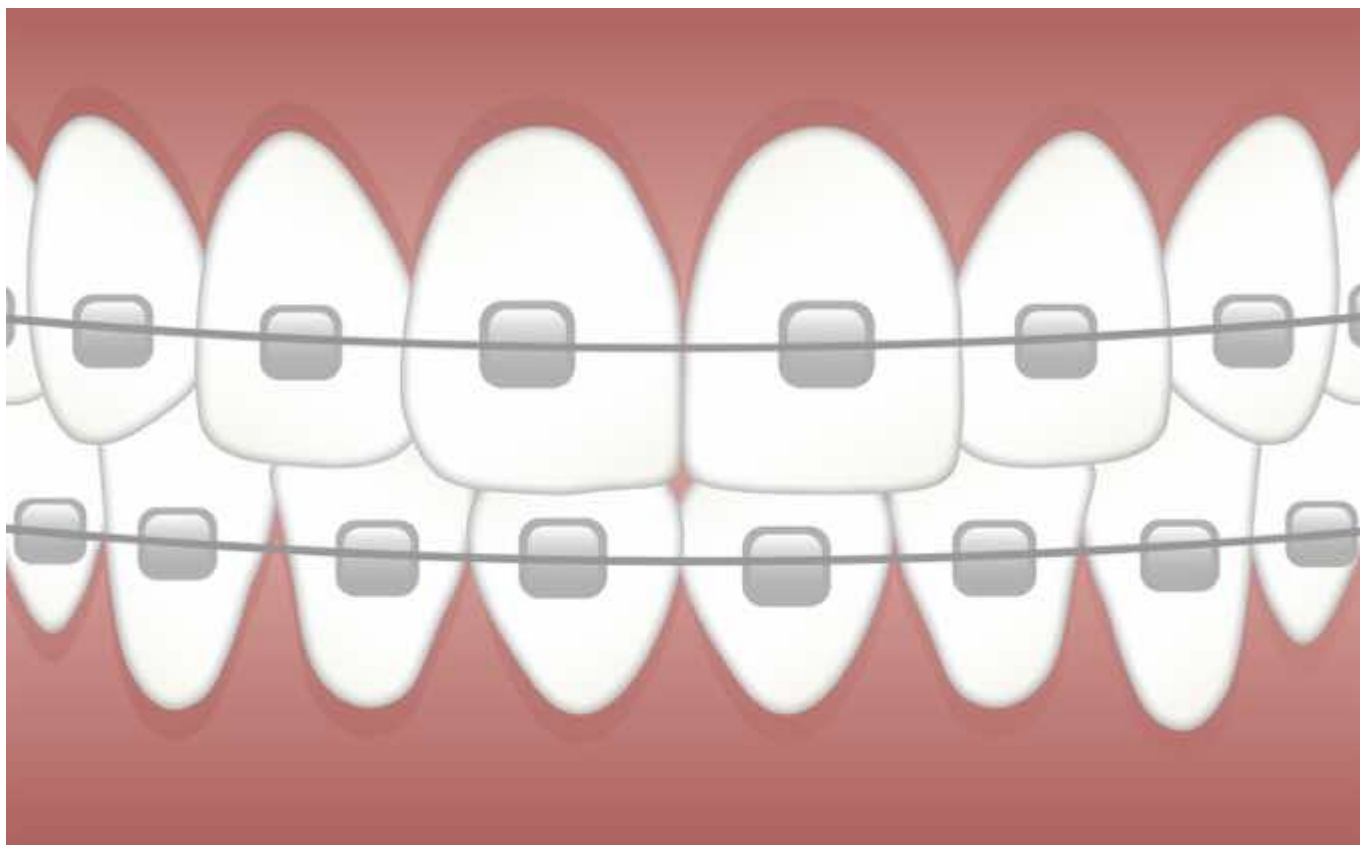


The Most Popular Myths and Misconceptions about Braces You Should Know



Let's admit, many people have misconceptions about braces, and these misconceptions have been going around for years. This is especially true for those who are considering getting braces as adults, and they are often worried about how drastically it may change their lives and how they will be perceived. But if these myths and misconceptions about braces are affecting your decision to have braces, it's time to set things straight (pun intended). Here, then, are the most common myths and misconceptions about braces you should know.

1) Only people with cosmetic issues with their teeth get braces

While getting braces will certainly correct the alignment of

your teeth, resulting in a straight smile, there are many other reasons why more and more people are opting for braces. For one, if your teeth are properly and correctly aligned, you don't need to worry anymore about what kind of food you eat or consume. Some individuals try to avoid certain foods just because their teeth alignment may make them feel uncomfortable when they eat, while others avoid certain types of food because eating these foods is painful. Also, when you have too many teeth, causing a crowded mouth, it can be challenging to clean your gums and teeth, and this is another reason why individuals choose to have braces as well.

2) There's a certain age limit for people to get braces

Another common misconception about braces is that they're only suitable for younger people or teenagers. But according to an expert [orthodontist in Woodbridge VA](#) – this is entirely untrue. There is no 'time limit' for anyone to get braces, and any adult can get braces if they want to have better-aligned teeth and a better smile. If you think that your time for getting braces has already passed just because you're an adult, think again. More adults today are going for braces, especially since the technology has changed and evolved and there are now braces which are invisible and a lot less of a hassle to care for, and this means that having braces need not interfere with or disrupt your life as an adult.

3) Rubber bands don't need to be worn all the time

Those who already have braces on their teeth tend to assume another common myth, that is: rubber bands don't need to be worn all the time. Some individuals can be quite stubborn about rubber bands and think that even if they only wear them half the time, they'll be all right and they will still have fantastic results. But this isn't the case at all. You are supposed to wear your braces for a specific period of time, and along with this comes wearing rubber bands as well. You should follow whatever instructions your orthodontist gives

you at all times so you can get the full and complete benefits and results you expect from your braces.

Braces are a major decision, granted, but it doesn't mean that if you get braces, your life will be altered in a major way. Far from it. What you can expect is this: teeth that are correctly and properly aligned, and a more beautiful, even smile as a result.

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