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# How to Get a Great Wedding Day Smile (and Why it Matters)

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*“If you look in the mirror right now and are not completely satisfied with the smile you see there, it’s not too late to do something about it.”*

According to the U.S. Census Bureau, roughly 2 million people get married each year in this country. People often want to know how much the average wedding costs, or how much someone will spend on their dress or having their hair done. But one factor that plays a major role, and is often overlooked, is your smile. If you look in the mirror right now and are not completely satisfied with the smile you see there, it’s not too late to do something about it. As a matter of fact, the sooner you start addressing that issue, the better!

## **Create Lasting Memories**

When it comes to planning your wedding, you have undoubtedly invested a lot of time in deciding what you will wear, how you will fix your hair, and every other

detail. Keep in mind that all of those preparations, while important, will come and go in one fleeting yet magical night. What will remain, for the rest of your life and beyond, are those wedding photos!

Wedding photos are almost more important than the actual wedding ceremony itself. That’s because you will keep and share them, and they will capture and preserve that special moment forever. They will even capture moments that you might otherwise forget about, over the years. But one look at the photos and you will immediately be transported back to that special night.

The last thing you want to see, when you look at your wedding photos, is a smile that you are less than thrilled about. Many brides-to-be spend their time on everything else and forget about their smile. Yet think about every wedding picture of someone else’s that you have



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*The perfect  
smile for your  
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ever looked at. Your eyes immediately go to their smile! In that same way, your smile is what people now and in future generations look to for clues about how happy you were on that day. So give them something great to look at!

### **Making Changes**

Now you know how important your smile is, and how essential it is to have a smile in your wedding pictures that you will never regret. The good news is that you still have time to take action and correct whatever you don't currently love about your smile. Whether you dislike a particular tooth, the color of your teeth, or all of your teeth, there are things that can be done to help give you a perfect smile in time for your special day.

Nearly everyone can achieve a perfect smile if they want to. Crooked, missing or dull teeth? No problem! Depending on what you need done, here are some options to help you achieve an amazing smile for your wedding day:

**Invisalign.** Many adults are turning to Invisalign to achieve the straight teeth that they have always wanted.

Invisalign are removable, clear aligners, which are probably familiar to you. They go on your teeth and can successfully address tooth crowding, overlapping, gapping and other issues. If you have teeth that are crooked, you can actually have them straightened before your wedding, so that you'll have a perfect smile in your pictures. The great thing about Invisalign braces is that they are essentially invisible. The invisible aligner looks just like a tooth-whitening tray. The aligner is custom-made to fit your mouth, and you wear it for 20 to 22 hours per day. That way, unlike traditional metal braces, you get time off, each day. Nobody will know that you are in the process of straightening your teeth, and you will be able to go about your normal eating and cleaning routine. Plus, leaving the old wires behind, you will find that Invisalign is a more comfortable option for straightening your teeth.

**Incognito.** Another option for straightening your teeth that you may want to consider is called Incognito. These are hidden braces, and they provide quick results. They are attached to the backs of your teeth, rather than the fronts. So again, nobody sees that you

are in the process of straightening your teeth. An orthodontist applies the custom-fitted braces to the back of each tooth. Then the braces do the work of straightening your teeth while you go about your business. Many people like this option because there is minimal discomfort and, since they are invisible, you can continue wearing them wherever you are and nobody will notice. Also, with invisible-brace options, even if your tooth-straightening treatment is not finished before your wedding, nobody will notice the braces, and you will still reap the benefit of having much straighter teeth. The Incognito system uses robotic technology to bend the wires into the exact shape that you need in order to get the desired results.

**Clear braces.** In addition to the invisible-brace options listed above, there is another option: clear braces that can be put on your teeth, made out of plastic or ceramic. They work much the same way as traditional braces, but they are much less noticeable, making them more appealing to adults who may have needed braces as a child but couldn't afford them. Clear braces are a good option for those who don't mind others seeing that they are undergoing treatment to have their teeth straightened, but don't want to advertise it with the traditional metal-brace option. Clear braces can give you straighter teeth in less than six months, if you are one of the many adults who had braces as a child but didn't wear your retainer.

**Cosmetic and Grinding Issues.** In addition to aligning your teeth, your orthodontist can address minor gum issues after treatment (for example, if they are overgrown). An orthodontist can use a laser to take care of the problem. With such a quick method available for addressing gum problems, you can get yours taken care of before tying the knot. If you are a tooth grinder while sleeping, you may want to see an orthodontist to get that taken care of now, before you drive your spouse into sleeping on the couch just to get away from the noise each night.

**Teeth whitening.** At the very least, it is a must that every bride get her teeth whitened before the big day (and try talking the groom into doing the same). Teeth whitening today, especially when done by your dentist or orthodontist, can have a dramatic effect on your appearance and confidence, and can create a more beautiful smile that you even knew you had in you. You will be pleasantly surprised by the results that you see, after you have your teeth professionally whitened!

**Planning Smiles.** If there is one thing you really want to do on your wedding day, it is smile! Having a smile that you feel good about will make you feel confident and happy, and you won't hold back. Forget trying to cover up your mouth when you laugh, or shy away from showing some teeth. You have plenty of time right now, before the wedding, to take care of the problems that are keeping you from having the amazing smile that you want.



Many of the solutions listed above will also do a lot more for you than just giving you a beautiful smile, by the way. When someone feels they have a nice smile, they tend to be more confident and outgoing. A nice smile enhances your overall health, makes you more attractive, puts you in a better mood, and will probably make you more sociable (which, again, is not a bad thing, considering all those wedding invitations you are going to send out). Plus, a nice smile will keep you looking younger for years to come.

When you work with an orthodontist, there is no reason why you can't achieve a spectacular smile on your wedding day. Whether it is taking years off the color of your teeth by opting for a professional whitening, or finally getting crooked teeth fixed, you will be glad you did. When you look back at those wedding photos in years to come – as you, your kids and future generations will – you want to know that, on your wedding day, you put your best smile forward. A perfect wedding day smile is within your reach. You just need to make it happen!