



It's never too late to get the smile you've always wanted.

Am I Too Old to Get Braces?

Though many of us automatically associate braces with adolescence, more and more adults are opting for orthodontic care. Besides using braces to correct cosmetic issues, dentists also frequently refer adults for orthodontic treatment to address an underbite, overbite, jaw misalignment, or temporomandibular joint disorder (TMD).

Advances in orthodontic technology have made braces more effective (meaning less time needed for treatment), more affordable, and more aesthetically pleasing.

Time, Cost, and Looks

Adults can typically expect to wear braces from 14-24 months, though this time period can vary depending on the style of orthodontic treatment selected and the severity of tooth misalignment.

The cost for orthodontic treatment generally ranges between \$4,000-\$6,000, but again, can vary depending on the treatment style and severity of tooth or jaw misalignment.

When it comes to looks, metal braces are much thinner and smaller than they used to be. Those who still wish to avoid metal braces may opt for porcelain or plastic braces, which work just like the metal version, but are sheerer and less noticeable. Still, those who wish to forego traditional braces altogether may opt for clear aligners.

Orthodontics and Dental Work

Adults are more likely than children to have had prior dental treatment, like root canals, crowns, extractions, or implants, so there may be concern about starting orthodontic treatment. Fortunately, teeth with root canals or crowns are easily treated with braces, the same as any other teeth. Orthodontists can also frequently address missing teeth during orthodontic treatment, by either closing the gap, or adjusting the teeth to make more room for a replacement tooth (like an implant or partial). Though dental implants cannot be moved or adjusted, surrounding teeth can be adjusted to improve alignment issues.



Braces and Insurance

Orthodontic care for adults is generally not covered under most dental insurance plans.

If your dentist referred you for orthodontic treatment due to a medical issue (like TMD), you should contact your insurance company to verify your insurance coverage prior to starting any orthodontic treatment.



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