

I was always comfortable with the way my teeth looked growing up. There were certain aspects of my smile that I did not like but I believed that my teeth would eventually shift towards their proper locations. When my teeth stopped shifting, I slowly became self-conscious of my smile. I compared my smile to those of my friends who had straight teeth, I wouldn't smile with an open mouth in pictures and other people also pointed out that I had crooked teeth. The product of my braces journey has significantly transformed everyday aspects of my life.

The first thing I noticed with my new smile was the sudden boost in my confidence and self-image. This new confidence influenced how often I smiled and laughed which made great first impressions in social settings and made me thrive in such settings as well. I became more approachable and I felt more comfortable initiating conversations which can be applied in job interviews and in my leadership roles. My smile motivated me to change the style of my wardrobe and experiment with makeup which I otherwise would not have done. My new smile not only transformed the way I carried myself, it also resonated a welcoming and positive aura for those around me.

Orthodontic treatment improved my oral health. Brushing and flossing became easier and more effective as I could reach areas that were once difficult to reach with crowded teeth. With braces, I developed healthy brushing and flossing habits. These habits remained consistent and resulted in fresher breath. Bad breath was a major issue that I struggled with before and during braces. I can engage in conversations without being self-conscious about my breath and order any food of my choice knowing that a mint or piece of gum will be a quick solution. My improved oral health makes me feel fresh and more confident in my everyday life.