

## **Sophie Magazine features the Family Dental Health of South Asheville**

by [Family Dental Health of South Asheville](#) on Tuesday, July 26, 2011 at 10:29am

Family Dental Health of South Asheville

Dr. Chris Port, founder of the Family Dental Health of South Asheville, talks about Six Month Smiles, one of the “Signature Services” offered to patients of the Family Dental Health of South Asheville in South Asheville.

What is Six Month Smiles?

Six Month Smiles is a revolutionary orthodontic system that provides an efficient and more economical way for adults to correct crooked, crowded, or spaced out smiles. Six Month Smiles has taken the best aspects of traditional braces and modified the treatment and the materials to give adults a common sense, cosmetic solution that fits their lifestyle. The Six Month Smiles system helps adults achieve a great smile that they can be proud of in a minimal amount of time.

What makes the Six Month Smiles system so innovative?

First of all, as the name implies, the average treatment time for most patients is only six months. Secondly, the Six Month Smiles clear brackets and tooth-colored wires are barely visible, and the use of braces and wires has shown to provide the most conservative and predictable final result. Additionally, the low forces and short overall treatment times increase comfort, safety, and dental hygiene. And finally, Six Month Smiles is typically less expensive than traditional braces, aligner therapy, or veneers.

Why would someone want to consider having Six Month Smiles treatment?

If you're an adult and the teeth that show when you smile aren't straight, Six Month Smiles may just be the perfect solution for you. Six Month Smiles is appropriate for correcting spaces, gaps, crooked, or crowded teeth. Just imagine: a straight smile in the time it takes between your regular check-up and cleaning visits!

Is Six Month Smiles the same as regular braces?

Yes and no. Six Month Smiles is very similar to conventional adult orthodontics as it pertains to brackets and wires being used. The mechanism of moving the teeth is the same. The difference between the Six Month Smiles technique and conventional braces is the focus of the treatment. With Six Month Smiles, we are focusing only on the teeth that show when you smile. The goal is to give you a smile that you can be proud of in a reasonable amount of time.

Most people have no trouble chewing. Their teeth function well, and their bites work fine. Six Month Smiles treatment can be finished more quickly because we aren't focused on changing your bite. If you need a change made to your bite, traditional adult orthodontics is the way to go. Since most people just want a change in the appearance of their smiles without a bite change, Six Month Smiles offers a wonderful alternative.

Does everyone really finish in 6 months?

Six months is the average treatment time. Most patients finish in about six months, but treatment can range from 4-9 months. Patients with crowded teeth typically finish sooner than patients who have lots of spacing between their teeth.

Is the process uncomfortable?

Six Month Smiles braces use low forces to gently move teeth to their new position. Many patients comment that they have some minimal soreness at first, but overall would describe the treatment as comfortable.

Do Six Month Smiles braces damage the teeth, roots, or gums?

There are no more risks of root damage or other issues than those associated with traditional adult orthodontics. Since the forces used with Six Month Smiles braces are lighter and the treatment times shorter, there are actually even fewer risks involved with Six Month Smiles orthodontics.

Will patients have to wear a retainer after treatment?

Yes, as with any teeth-straightening treatment, a retainer is necessary to maintain the new, straighter position of the teeth. If you don't want to wear a removable retainer, you can have a bonded retainer placed. There are a variety of options that you can choose from according to your personal preference and situation.

What's the catch?

There is no catch. If you are an adult (15 years and older) with crooked or spaced teeth and you're not looking for a major alteration to your bite, this could be the solution for you! Most adults ARE candidates for Six Month Smiles treatment.

How does someone find out if they are a candidate for Six Month Smiles treatment?

That's the easiest part. At the Family Dental Health of South Asheville, we have created a complimentary smile consultation and evaluation that will help answer all your questions and determine if you are a candidate for Six Month Smiles treatment.

About the Family Dental Health of South Asheville

Dr. Christopher Port is a general dentist who focuses on state-of-the-art cosmetic, esthetic, and restorative dentistry in South Asheville. He and his wonderful team of dental professionals help patients to achieve beautiful, healthy smiles they can be proud of throughout their lives.

Whether you are embarrassed by the look of your teeth and smile, need solutions to chronic dental pain and discomfort, or are merely looking to get your teeth cleaned and whitened...You Belong at the Family Dental Health of South Asheville.

The Family Dental Health of South Asheville can be reached by calling 828.684.1633. You may also visit [AshevilleSmileCenter.com](http://AshevilleSmileCenter.com) and follow the Family Dental Health of South Asheville on Facebook.