



Before

After

Braced for impact

With six months until her wedding, Julie McClean wanted to have the perfect smile. Sandown came to her rescue...

I had metal braces for three years in my early teens. I absolutely hated them and was so glad when they came off. At first my teeth were great but I didn't take seriously the need to wear my retainers every night. After a year or two my teeth slowly moved back to their original position and it was only when I left school and grew up a bit that I became very conscious of my teeth. I was going for job interviews and meeting new people and I realised I was subconsciously hiding my teeth and smiling awkwardly to avoid showing them.

Adult braces never crossed my mind as I'd been down that road before and remembered it was a long, drawn out process, which I didn't want to repeat. It was only when I visited Sandown Dental for a routine check-up that I

noticed the brochure for Six Month Smiles®. I flicked through and saw the before and after pictures. One picture in particular caught my eye as the girl's teeth were similar to mine. A few months later I got engaged, and I started to worry about the wedding photographs. I wanted to get my teeth whitened for the wedding but more importantly I wanted to have a straight smile. I researched Six Month Smiles and found nothing but positive reviews, so I decided to take the plunge and booked a free consultation.

My Six Month Smiles practitioner, Janice, gave me her honest opinion on how my teeth would adapt to the treatment and whether I was a suitable candidate. I left feeling positive that my teeth could be straightened in time for my wedding and without the embarrassing metal braces I'd experienced in the past.

I was fitted with my Six Month Smiles braces at the beginning of February. They were tooth-coloured and very discreet, poles apart from my original braces. Janice was extremely helpful throughout the experience and at each stage explained what she had done and how it would work. I had my braces tightened every 4-6 weeks and soon got very used to them. Within a month or so I could already see my teeth starting to move, which was really motivating.

My braces came off in July and I was overwhelmed by the results. I now have perfectly straight top and bottom teeth. I had a permanent retainer fixed to the back of my teeth to ensure that they don't move back like before and I also now understand the importance of my night guard.

My wedding day was truly the best day of my life and I felt confident smiling away without worrying about how my teeth looked. I have received lots of compliments from friends and family and also complete strangers who didn't even know I had braces. I now realise just how much my teeth had affected my daily life and my confidence.

I would highly recommend Janice and the team at Sandown Dental as their expertise and high quality service filled me with confidence throughout the experience.

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