

Dr. Stephen Tracey Reveals Secrets to a Dazzling Valentine's Day Smile!

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1. What are three quick tips for making sure my smile is glowing for Valentine's Day?

It's never too late to make sure your pearly whites look their best for your sweetheart on Valentine's Day. **First**, squeeze in an appointment with your dentist for a professional cleaning to remove stubborn coffee, tea and food stains that won't brush away. **Second**, take advantage of professional strength and over-the-counter teeth whitening systems to ensure your smile shines bright like a diamond when the big day arrives. And **third**, use the traditional holiday color to enhance the shade and appearance of your teeth. Lipstick shades of rich red with blue undertones counteract the yellow in tooth enamel, making your smile look instantly whiter. Stay away from coral and orange-toned reds that tend to play up the yellow in teeth.

2. How does a beautiful smile impact self-confidence?

Research has long shown that a glowing smile is a confident smile. Let's face it, the better you feel about your looks, the better you feel about yourself. Think about it – if you're self-conscious about your smile you're not going to feel very good about interacting with others. Having a radiant smile sends a positive message to those around you that you are happy to be in their presence. When you smile people are more likely to perceive you as more sociable, intelligent and trustworthy.

3. What should I make part of my daily oral health routine to ensure my smile stays bright and healthy?

Of course, the old adage "brush after every meal" still holds true. But don't forget to floss! People underestimate the amount of staining that occurs between the teeth, much of which could be removed with a thorough flossing once a day. Often overlooked, eating crunchy fruits and vegetables like apples, celery and carrots can also help scour away staining on tooth surfaces. And chewing sugar-free gum with Xylitol has been shown to prevent plaque and neutralize pH levels in the mouth.

4. How can I discreetly correct crooked teeth and crowding?

Modern technology affords us numerous ways to align crooked teeth without suffering through the “railroad tracks” of yesterday. For minor corrections, clear aligner treatment is one option. For more challenging cases, nearly invisible ceramic braces like state-of-the-art **Damon™ Clear** braces can straighten even the most unruly grin subtly, comfortably and quickly.

5. What are the benefits of braces?

While braces have become a rite of passage for most children, braces aren’t just for kids anymore. Straight and evenly spaced teeth contribute to healthier teeth and gums, enhanced facial features, clearer speech, and increased self-confidence to excel in school, work and personal life. You can visit the www.damonbraces.com site for more information about the benefits of orthodontic treatment.

6. Where can I find a Damon Smile orthodontist?

Many of your friends may already be on their way to a dazzling new smile with Damon™ Smile braces, so be sure to check with them. Another option is to visit the Damon Doctor Locator at <http://damonbraces.com/locator> to find an expert orthodontist in your area.



Dr. Stephen Tracey is an internationally recognized orthodontist and lecturer, with past presentations made in 22 countries on six continents. He is the recipient of a United States patent for an orthodontic device and has been instrumental in the development of many of today’s most popular orthodontic appliance systems. Well known for his expertise and involvement with aesthetic orthodontic treatment and emerging orthodontic technologies, Dr. Tracey has been a featured guest on such television and radio shows as, The Doctors, Best of LA, Evening Edition, It’s Your Call, and Heartbeat of the City. He has published numerous articles in a variety of professional publications including the Journal of Clinical Orthodontics and the Mediterranean Journal of Orthodontics, authored a chapter in the world’s most widely used orthodontic textbook Orthodontics: Current Principles and Techniques, and coauthored multiple chapters in the recently released Italian textbook Laser a Diodi in Ortodonzia,

Dr. Tracey practices in Upland, California and is a Visiting Professor at the University of Ferrara in Ferrara, Italy. He is a member of the American Association of Orthodontists, the World Federation of Orthodontists, and a Distinguished Fellow of the American College of Dental Science.

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