

How-to: hide teeth imperfections

Say 'cheese' with confidence



It's always hard to give your best smile when you're concerned about crooked teeth – especially when you're posing for a photo next to your friend who's sporting perfectly straight teeth and a seemingly million-dollar smile.



According to Specialist Orthodontist, Dr. Gareth Ho, everyone has a beautiful smile, but they don't always have the confidence to show it.

Here are his simple tips on how to hide teeth imperfections so you can put on a great smile, no dental treatment required!

1.) Change the position of your head to help hide any imbalances or imperfections. Try tilting your head at various angles in front of the bathroom mirror until you find the angle that you think looks the best. Practice this angle so that you know exactly what to do when the camera comes out.

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2.) Showing your upper front teeth, not the bottom, gives others the impression of confidence, so fake it until you feel it!

3.) We can only smile with our eyes for 5 seconds or less, so wait until everything is prepared and ready before striking your 'pose'. This will help you to look naturally happy and relaxed, and your smile will look better for it.

Click here to book a Smile Analysis at The Australian Centre for Adult Orthodontics and Orthopaedics (ACAOO)...

Check out the ACAOO facebook page, here...



Do crooked teeth make you less confident about smiling? What are your top tips for achieving the best photograph when you've got an imperfection you want to hide?