

## Which Braces Are Right for Me?





**Dental braces are orthodontic devices that are used to align and straighten teeth.** They can also be used to correct bite issues such as underbite, overbite, and crossbite. There are several types of dental braces available, each with its own benefits and drawbacks.

## Different Types of Braces

	 <b>Traditional Braces</b>	 <b>Ceramic Braces</b>	 <b>Lingual Braces</b>	 <b>Clear Aligners</b>
 <b>MOVEMENT</b>	No limitation of tooth movement	No limitation of tooth movement	No limitation of tooth movement	Some tooth movements are not possible and/or are limited
 <b>BITE</b>	Can be perfected, no limitations	Can be perfected, no limitations	Can be perfected, no limitations	Bite may not be perfected. Proper bite may not be achievable
 <b>COSMETICS</b>	Visible	Less Visible	Invisible. Clear buttons may be needed	Subtly visible. Clear buttons may be needed
 <b>COMPLIANCE</b>	Orthodontist has full control of tooth movement	Orthodontist has full control of tooth movement	Orthodontist has full control of tooth movement	Patient dependent. Outcome dependent on aligner-wear. Some patients abandon treatment.
 <b>EATING</b>	Can eat and drink	Can eat and drink	Can eat and drink	Must remove aligners when eating or drinking (except water)
 <b>SPEECH</b>	No adjustment time necessary	No adjustment time necessary	May need temporary adjustment time	May need temporary adjustment time



## Traditional Metal Braces

Traditional metal braces are the most common type of dental braces. They are made of high-grade stainless steel and consist of brackets, wires, and elastic bands. The brackets are attached to the teeth using dental cement and the wires are threaded through the brackets. The elastic bands are used to hold the wires in place.

**Benefits:** Traditional metal braces are effective at straightening teeth and correcting bite issues. They are also the most affordable type of dental braces.

**Drawbacks:** Traditional metal braces are visible and can be uncomfortable to wear. They require frequent adjustments and can make it difficult to clean your teeth.

## Ceramic Braces

Ceramic braces are similar to traditional metal braces but the brackets are made of clear or tooth-colored materials. The wires are also made of clear or tooth-colored materials, making them less visible than traditional metal braces.



**Benefits:** Ceramic braces are less visible than traditional metal braces and are effective at straightening teeth and correcting bite issues.

**Drawbacks:** Ceramic braces are more expensive than traditional metal braces and can be more fragile. They require frequent adjustments and can make it difficult to clean your teeth.

## Lingual Braces

Lingual braces are similar to traditional metal braces but the brackets are attached to the back of the teeth instead of the front. They are custom-made to fit each patient's teeth and are not visible from the front.



**Benefits:** Lingual braces are not visible from the front and are effective at straightening teeth and correcting bite issues.

**Drawbacks:** Lingual braces can be uncomfortable to wear and can make it difficult to speak and eat. They are more expensive than traditional metal braces and require frequent adjustments.

## Invisalign

Invisalign is a type of clear aligner that is custom-made to fit each patient's teeth. They are made of a clear plastic material and are virtually invisible.

**Benefits:** Invisalign is virtually invisible and can be removed when eating and brushing your teeth. They are also more comfortable to wear than traditional metal braces.



**Drawbacks:** Invisalign is more expensive than traditional metal braces and may not be suitable for severe bite issues. They require frequent adjustments and can be lost or damaged if not properly cared for.

## Choosing the Right Type of Dental Braces

Choosing the right type of dental braces depends on several factors, including the severity of your dental issues, your budget, and your personal preferences. Your dentist or orthodontist can help you choose the right type of dental braces for your needs.