

*A beautiful **smile**
is something to be
treasured.*



COSMETICS / IMPLANTS / ORTHODONTICS

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**KEEP
CALM**

YOU'RE AT

elleven
DENTAL WELLNESS

Adult Orthodontics

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If you are thinking of having orthodontic treatment as an adult you may have some questions you would like answered first.

Why might I need orthodontic treatment?

Common reasons for having orthodontic treatment are:

- To improve the appearance of the teeth and face.
- To improve the health of the teeth and gums.
- To improve function i.e. to make it easier to eat.
- To facilitate restorative treatment i.e. implant, veneers, crown and bridge work
- Combined orthodontics and orthognathic surgery in adult patients who have finished growth.

Is it always possible to have braces as an adult?

The demand for adult orthodontics is increasing especially when now we can offer more aesthetically pleasing appliances.

Age is not limiting factor for having an orthodontic treatment, however it is important that you have a full comprehensive consultation before commencing the treatment to ensure your dental health is stable.

What types of braces are there?

There are two common types of braces, which are: FIXED or REMOVABLE.

FIXED BRACES: Ceramic

Gone are the days of wearing metal train tracks. You now have the option of wearing white ceramic braces with white wires.

Please note: To prevent your braces from staining you would need to avoid tea, coffee, curries, smoking and red wine



FIXED BRACES: Lingual

This is the ultimate invisible brace attached to the inside of the teeth.

Please note: Sometimes you may experience ulceration of the tongue and lispng. However these affects are very transitional.



REMOVABLE BRACES: Invisalign

Invisalign straightens teeth using a series of nearly invisible, removable aligners that are custom-made specifically for your teeth. These need to be worn 23 hours a day.

As you replace each aligner every two weeks, your teeth will move – little by little, week by week.

Please note: Removable braces are not as precise as fixed braces



Do I still need to see my regular dentist?

Yes. It is important you still have checkups and hygiene (every 3-6 months) with your regular dentist throughout the treatment. Your orthodontist will not be checking your teeth for decay or gum disease.

Please note that orthodontics is a specialty of dentistry that cannot change the size, shape and colour of your teeth.

Whilst you will get the desired improvement in your smile, function and long term health, if you wish to have a perfect smile then orthodontics would need to be coupled with some form of restorative/cosmetic treatment to achieve that.