



Lingual Fixed Braces

*A helpful guide for
your recovery*

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Lingual Fixed Braces



After your operation

Lingual braces are placed on the inside of the teeth. They are the “ultimate” invisible brace.

This means that your teeth will be straightened without the worry of anyone noticing you wearing a brace.

The appliance works differently to those used on the outside of the teeth and the orthodontist, will have received additional training.

Our Lingual Brace treatment is combined with our exclusive Sure Smile technology.

This means the treatment time is reduced by 30% (equivalent 6-9 months).

How long will the treatment take and will it take longer than braces attached to the front of the teeth?

No, treatment time is usually dictated by the complexity of the malocclusion. Fixed braces are faster and more accurate than removable braces.

Can anyone have lingual orthodontics?

Most people can but there are limits when tooth height is low (e.g. children) or if oral hygiene is poor. Age does not limit the use of lingual braces but it is generally not advisable for children.

Is it uncomfortable?

Tooth movement can initially be uncomfortable.

Please use painkillers that you would usually use for a headache (please read the instructions).

Wax can be placed over the appliance to keep it smooth to the tongue.

Will it affect my speech?

Most people notice a change in their speech, particularly over the first few weeks. This generally improves after an initial period of adaptation.

Will I be able to clean my teeth as normal?

As with any brace you will need to spend more time cleaning and one does need to maintain a good standard of oral hygiene throughout the treatment.

Oral Hygiene

- Brush your teeth 3 times a day for at least 2 minutes using a fluoride toothpaste
- Brushing with braces takes a bit longer so take your time and use the interdental brushes provided to help cleaning in between the wires.
- Use a daily alcohol free fluoride mouthwash at least 20 min after brushing
- Make sure your gums are nice and healthy by brushing them at the same time as brushing your teeth

Can I eat normally?

Yes! You can eat normally. Simply cut all your meals in small pieces using a knife and a fork and bite with your back teeth to avoid breakages of the braces.

Dietary advice

- Avoid sugary snacks/drinks between meals and at bedtime.
- Avoid sticky, chewy or hard sweets, mints and sugared chewing gum.
- Avoid fizzy drinks (including diet drinks) and large amounts of fruit juice.
- Avoid hard or chewy foods - such as apples, carrots and crusty bread - can damage your brace. Avoid them or cut them up first!

What to do if the braces break?

Please do not panic but ring the Practice as soon as possible so we can arrange to fix your braces. In the mean time you can use wax to keep the discomfort to minimum.

Please note: Continued breakages leads to delayed treatment.

Would I need to wear elastics?

Elastics may need to be worn on a full or part time basis at some point during the treatment. The aim of the elastics is to aid in the bite correction. Failure to cooperate will lead to delayed treatment and undesired finished results.

How often will I need an appointment?

You will need regular appointments (usually every 4-8 weeks) during treatment for the brace to be adjusted.

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

A beautiful smile is
something to be treasured.



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