



# Orthodontic treatment options

With so many new options now available to treat orthodontic problems, it's no wonder you might be feeling a little overwhelmed. Here are the three common treatments used by orthodontists for patients of all ages.

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## What are the main treatment options available?

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### Metal and ceramic braces:



Traditional metal braces are still the most common treatment option for kids and teens. These are now smaller and more comfortable than they were in the past, and are available in coloured elastic modules that kids love.

For children or adults who feel particularly self-conscious about metal braces, ceramic braces are a good alternative – they work as well as braces, and are less noticeable with clear or tooth-coloured brackets and optional tooth-coloured wires, however they do cost a little more than traditional metal braces.

### Lingual braces:



Lingual braces are 100% custom-made, invisible braces that are attached to the inside surfaces of your teeth. They are personalised to follow the individual contours of your teeth, ensuring they are as comfortable and effective as possible.

It's very rare to see lingual braces on children, so the majority of lingual brace wearers are adults who require a truly invisible option.

### Clear aligners:



A sequence of clear plastic aligners (like Invisalign) gently guide teeth into new positions. They are removable and virtually invisible, but in most cases are less suitable for children as they are able to move adult teeth more efficiently. If aligners are not worn responsibly or are removed from the mouth too often, the treatment will not work, so discipline is required for the best results.

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## So, which treatment option is right for me?

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The best treatment option for you will depend on a range of factors, including the extent of treatment required and your budget. You will need to consult with your orthodontist to find the right treatment for your teeth.

Whether you're considering traditional braces or an alternative treatment option, only an orthodontist has the training, experience and expert knowledge to ensure your smile is in the best possible hands.



