



wearside
orthodontic
centre
smiles with style



Lingual Braces

These are braces that fit onto the back of your teeth so that they are hidden from view. If you do not like the thought of having a visible brace, then these are for you...

If you're not happy with your smile?

Lingual Braces could be the answer - but first, you'll need some important questions answered. It's no good planning to dazzle people with your stylish smile if you're already blinded by too much information.

Questions and Answers

Braces are used to straighten teeth. They apply continuous, gentle pressure to the teeth to straighten them gradually to give you your stylish smile. Braces can help with gaps, crowding, rotated teeth and uneven bites. The end result is a stylish smile with teeth that will look much better and your bite will be much more even.

Sounds like a slow, awkward process?

Most people wear braces for 12 to 24 months. Your treatment time will be discussed with you by your Treatment Coordinator. Braces are usually formed of metal brackets and arch wires that hold the brackets in place. So yes, you'll know they're there but we normally find that patients get used to them fairly quickly.

OK, Lingual Braces?

Lingual Braces function in exactly the same way as other, more traditional fixed braces. But there is one important, aesthetic difference. You won't be able to see the brace as lingual braces are fitted to the back of your teeth, rather than the front. So while they work just as effectively (and do just the same job), they are concealed from view.

Are Lingual Braces very difficult to fit?

You would imagine that fitting braces to the back of your teeth would be a tough, uncomfortable job. However, advances in dental technology mean that fitting lingual braces is a relatively straightforward procedure. It usually only requires two trips to see us to get your brace fitted.



What does the process involve?

On your first visit, we take impressions of your teeth using a plastic mould. This mould is then sent to a laboratory where customised brackets for each tooth are made.

The second visit involves applying cement to the back of the teeth and the brackets are secured into position. We then install the arch wire to provide gentle pressure on the teeth that moves them into place.

Anything you aren't telling me?

Every patient is different and we usually find that our patients manage well with these braces. The braces do cause some initial discomfort of the teeth and your tongue but this normally settles in 3-5 days or so.

Similarly, it may be necessary for you at some stage during the treatment, to wear elastics, just to get your teeth moving in the right direction.

Once the active phase of your treatment has been finished, it is also necessary to wear a retaining brace. This may be removable or it may be fixed behind your front teeth. The length of time this has to be worn can vary. We will of course discuss this with you during your treatment.

What is the first step?

We need to see you first of all for your initial consultation. You do not need to be referred by your dentist, just give us a call and make an appointment to get things started. We will discuss all of your treatment options with you and what your treatment will involve.



Will Lingual Braces affect my lifestyle?

Because Lingual Braces are fitted to the inside surface of your teeth, they can take a little bit longer to adjust to – as you can probably imagine. With traditional braces, where the brace is attached to the front of the teeth, there is less chance of food getting trapped in awkward places or of catching your tongue on the brace itself. Lingual Braces, with the metal on the back of your teeth, will probably just take a couple of extra days before you are comfortable.

Can I eat normally?

Yes you should be able to eat normally. However, for your orthodontic treatment to work well and in the shortest possible time it is important you take care of your teeth and brace. In order to prevent damage to both, you should:

- Avoid eating toffees, boiled sweets, sugared chewing gum, chocolate bars, etc.
- Avoid drinking fizzy drinks (including diet drinks) and excessive amounts of fruit juice.
- Take care eating hard foods which might damage the brace such as crunchy apples, crusty bread, etc. Cut them up first.

How long will treatment take?

It usually takes between 12 and 24 months but will vary according to how severe your case is. Failed and cancelled appointments or repeated breakages of the brace will increase the length of time the treatment will take.

How often will I need an appointment?

You will need regular appointments during treatment for the brace to be adjusted. We normally need to see you every 8 to 12 weeks.

What do I do if my brace breaks?

Ring up for an appointment as soon as is reasonably possible. Do not wait for your next routine appointment as the breakage may slow your treatment, or may result in damage to your teeth. If you repeatedly break your brace treatment may be stopped.

The daytime telephone number you should contact if a breakage occurs is: **0191 5145257**

Examples



Crowding with extraction



Crowding without extraction



Deep bite



Open bite