



#SMILEGOALS

Invisible journey to a perfect smile

orthodonticsforyou
treated as individuals



A BEAUTIFUL SMILE HAS THE POWER TO MAKE SOMEONE'S DAY.

Whether it's a casual grin or a beaming flash of your Hollywood worthy teeth, a smile can transform your appearance.

However, there are many people who are self-conscious about their smile. Let's face it, crooked teeth or other oral health problems can negatively affect your self-esteem. Not only that, but poorly aligned teeth can go on to cause dental problems in later life as teeth face greater wear and tear resulting in chipping, cracking or teeth becoming exposed from the gum line.

Having your teeth straightened or repaired can have a significant impact on your self-confidence, leading to positive changes in your personal and professional life as well as your longer-term dental health.

The adult orthodontic market in the United Kingdom is experiencing significant and rapid growth. Although braces and other orthodontic procedures are usually associated with teens and young people, the industry is seeing a rise in patients between the ages of 26 and 55. The British Orthodontic Society (BOC) reported that 75% of orthodontists have seen an increase in private adult patients in the last 2 years.

In the UK, more adults are placing real value on their oral health and appearance. Thanks to ever

changing technology, many dental procedures are now more affordable and accessible than ever, further fuelling the trend.

Technology, such as 3D scanners and dental imaging, make it much easier to diagnose issues as well as making some treatments easier to perform. This coupled with a number of finance options is making it a lot more affordable for patients.

Invisalign is currently one of the most popular adult orthodontic treatments in the UK. The removable clear aligners are appealing for people who are perhaps a little more self-conscious about wearing traditional braces in their adult years. However, it is not the only option. And it's not always the best option either. There are several – equally as discreet – treatments available; each suited to different alignment issues. There are also options to speed up your treatment process by up to a third.

So, if you're considering taking action to get that perfect smile as an adult, two years in traditional metal brace...

IS NOT YOUR ONLY OPTION.



HERE IS YOUR ULTIMATE GUIDE!

What treatments are available?

From clear aligners, such as Invisalign or lingual braces, such as Incognito, nowadays, your orthodontic options go beyond the traditional 'train-track' styled brace.

There are several treatments and procedures to choose from and your specialist orthodontist should consider all options with you based on your specific issues, your personal preferences and your budget.

Let's take a look at some of the most popular options available and what they involve

LINGUAL BRACES

As an adult, one of the main things that put people off braces is the 'look'. Traditional braces are often associated with awkward adolescents with a mouth full of metal. But whether it's for personal or professional reasons, some people simply don't want to have a visible brace running across their teeth.

That's where lingual braces, such as Incognito, Ebrace and SureSmile are a popular option. Fixed to the back of the teeth, the mechanics of the brace is hidden and can't be seen at a glance.

Due to advancements in modern orthodontics, the braces are completely customised to fit the individual. The brackets, wires, positioning, placement, and length of time that you are to wear the braces are adapted to the specific needs of each patient. Incognito braces for example are worn for 12 to 24 months on average and require adjustments every 6 to 8 weeks.

There are two types of lingual braces, each of which is suited to particular issues. "Social" lingual braces

are for the cosmetic type fix, while standard lingual braces are geared for more severe misalignments or teeth positioning issues.

Social six lingual braces are best suited to addressing small gaps in the front socially visible teeth. The length of time needed to move the teeth will vary, but it generally takes less than a year.

The standard lingual brace however combats more severe problems, such as overcrowding, large gaps, and misalignment. It can straighten the whole arch of the mouth, rather than a limited number of teeth. You will likely have to wear your lingual brace for up to two years.



INVISIBLE OR CLEAR BRACES?

Over the last few years, invisible or clear aligners have become extremely popular options for treating certain orthodontic issues.

Although they are not suitable for every problem, such braces are very effective for most straightening or overcrowding corrections.

One of the most important parts of the process is the fit. A 3D scan of your mouth will be carefully analysed by an orthodontist to create custom made aligners to fit perfectly over your teeth. Some trimming and customisation are then performed to get a comfortable and discreet fit and to ensure all the correct pressure is being applied in all the right places.

INVISALIGN IS THE MARKET LEADER FOR CLEAR ALIGNERS.

With celebrity advocates such as Myleen Klass, Billy Eilish and Justin Bieber, they are without doubt the most well-known and reputable clear aligner providers on the market. These discreet braces are removable but comfortable enough to wear for the whole day.

Depending on the complexity of your teeth issues, the length of time you'll be required to wear the aligners will vary. However, they will need to be changed every week or two, and you will need to be assessed by your orthodontist every couple of months.



CERAMIC BRACES

Ceramic braces are much like metal braces from a structural standpoint, but they are made from tooth-coloured or clear ceramic to give off an “invisible” look. They are more discreet than metal braces, but are more noticeable than aligners. However, for most orthodontic issues, they offer the most straightforward and suitable treatment plan.

As a direct comparison, they will move your teeth faster than aligners, but slower than traditional metal braces. Ceramic braces are, as a rule, reserved to treating adults as opposed to adolescents. The discreet appearance is an appeal for many a self-conscious adult, but because they are less durable than their metal counterparts, there is also less chance of them breaking as a result tooth movement than you would risk in your teenage years.

SURESMILE

A SureSmile lingual brace uses cutting edge technology to carefully move teeth into their chosen position.

Using very detailed 3D imaging, SureSmile doesn't just look at the teeth positioning from the front, but from all angles, including root positioning.

Completely bespoke wires are then bent by a robot, as opposed to the human hand, for greater accuracy before being fitted to the brackets on the teeth. Because of the precision bends on the wires, the teeth and roots are thought to move quicker than with a more traditionally fitted brace. This means that treatment times may be shorter than a traditional brace - although not guaranteed!

This is a **highly advanced** form of orthodontic treatment, which is why only a **handful** of orthodontists are **qualified** SureSmile specialists. Treatment may be **harder to find**, but this solution almost certainly offers a **superior quality** of orthodontic care.



WHAT TREATMENT SHOULD YOU CHOOSE?

When deciding what braces or treatment to go for, there are many things to consider. It's vital that you do as much research as possible.

The most important things to do before making a decision include weighing up the pros and cons of each treatment option, deciding what suits you best both in terms of personal choice and cost.

However, it is important that you remain open minded. Your specialist orthodontist will make their recommendation based on your individual case. Sometimes, certain brace types are less suitable to treat particular misalignment issues.

Before we get into the nitty-gritty of each orthodontic procedure though, let's take a look at some of the **most common "myths" surrounding invisible braces.**

- 1 Invisible braces can't correct severe orthodontic issues.** There are different types of invisible braces and each is suited to correcting certain issues. Although not all options are capable of solving every problem, invisible braces can now correct a larger number of orthodontic issues than they could previously; including some severe ones.

Comparing regular and invisible braces is complicated because they work in completely different ways. What works for one patient might not work for the next. The suitability of each treatment is more important to consider and a specialist orthodontist will be able to guide you in your best choice.

- 2 Are invisible braces really invisible?** Creating tools that are literally invisible is currently impossible. Perhaps someday in the future we will have the ability to manufacture invisible products, but for now, we have to wait! A more accurate word to describe these braces would be "discreet" or "subtle". Some of them are transparent, some are tooth-coloured, and some are placed behind the teeth. While the braces aren't really invisible, they're difficult to see clearly and are more discreet than traditional brace options.
- 3 Invisible braces take longer to straighten your teeth than traditional braces.** This is simply untrue. As mentioned several times already, the length of time that you're required to wear your braces differs from person to person. A more determining factor is the condition or severity of your misalignment and how quickly your teeth respond to treatment. They say that "Good things come to those who wait" and the same is true for orthodontics. While orthodontists may be able to choose a more suitable route to straighten your teeth, which may be more effective than other methods and thus potentially reducing your treatment times, there are no 'quick fixes' and the length of treatment is wholly individual.

EVEN MORE MYTHS SURROUNDING INVISIBLE BRACES YOU NEED TO KNOW

4 INVISIBLE BRACES AREN'T FIXED TO YOUR TEETH

Aligners, such as Invisalign, are removable so people can take them out to eat, drink, or brush their teeth. That's not to say they are 'optional' though. You still need to wear them for 22 hours per day if you wish to see results within expected timescales. **However, it's possible to remove them for extended periods if you wish.**

Ceramic and lingual braces contain brackets and wires that are fixed to your teeth. Lingual braces are secured to the inside of your mouth at the back of your teeth. Ceramic braces are structured like traditional metal braces but are made from a different material.

5 INVISIBLE BRACES AREN'T SUITABLE FOR CERTAIN CONDITIONS

Some dental issues aren't suited to invisible braces. Likewise, other problems will prevent you from being able to wear metal braces. There is no one size fits all when it comes to orthodontic work.

However, generally speaking, if your dental health is good and you don't have any significant misalignments, you should be suited to invisible braces of all types.

6 INVISIBLE BRACES ARE ONLY SUITABLE FOR ADULTS.

Invisible braces are very popular among adults because of their discreetness and subtlety. For teens or adolescents, braces are very common, so there is less of a demand for discreetness. **However, most invisible options are suitable for younger people too. Invisalign has a type of aligner specifically designed for teens.**

Ceramic braces are better suited to those whose teeth are fully grown and subject to less 'movement'. They are less durable than traditional metal braces, so can be vulnerable to breaking if you're teeth are still growing.



COMPARING THE MOST POPULAR OPTIONS

INVISALIGN

PROS

- **Appearance:** Invisalign aligners are made from transparent plastic. This makes them impossible to notice from a distance and quite subtle when up close. Invisalign braces give you an attractive appearance during and after use.
- **Comfort:** These aligners are made from smooth plastic. Unlike metal braces, there are no brackets or wires, meaning you won't suffer from cuts or abrasions to the inside of your mouth. They are custom made for optimal comfort.
- **Convenience:** Invisalign braces are removable, meaning you don't have to struggle through meals and teeth brushing. This also makes the aligners easy to keep sanitary.
- **Low maintenance:** Invisalign requires very little maintenance. As with all braces, you need to visit your orthodontist quite regularly, but the lack of brackets and wires makes for lower maintenance than traditional options.

CONS

- **Attachments:** To create the right 'pressure' in the right places, attachments are placed on the teeth. Up close, these can be noticeable; even when the aligner is removed.
- **Wearing requirements:** Although they are removable, you are recommended to wear the aligners for 22 hours per day. This is still less 'permanent' than a fitted brace, but is by no means a 'part time' solution.

■ **Discomfort:** Wearing Invisalign braces can be uncomfortable and sometimes painful. However, no more than any brace option. Some discomfort is not uncommon after a new aligner is fitted, but this should ease after a few days.

SUITABILITY

Invisalign can be used to treat a variety of orthodontic issues. It is effective at correcting tooth crowding, underbites, overbites, open bites, cross bites, and tooth gapping. **These problems can be diagnosed easily by a dentist or orthodontist.**

Teenagers and adults with any of the above problems are best suited to Invisalign treatment.

In some circumstances, **Invisalign might not be suitable for patients.** This includes people who still have their baby teeth, dentures, a bridge, or those with periodontal or gum disease.

PRICING

There are a few options when it comes to Invisalign treatment:

Invisalign - **from £3,700**

Invisalign Teen - **from £4,500**

Invisalign i7 - **from £1,700**

COMPARING THE MOST POPULAR OPTIONS

LINGUAL BRACES

PROS

- **Appearance:** Lingual braces are as close to invisible as you can get. Unlike aligners, they don't cover the front of the teeth. They are only visible if someone can see behind your teeth.
- **Bite issues:** These braces can be very effective in treating the vast majority of bite problems.
- **Comfort:** Lingual braces are custom-fitted, meaning they are quite comfortable to wear.

CONS

- **Lisp:** The presence of lingual braces can affect your speech. It's quite common for people to develop a temporary lisp while they are wearing them.
- **Pain:** When they are initially fitted, they can cause minimal amounts of pain and discomfort, but no more than traditional braces and it should ease within a few days of any fitting or adjustments.
- **Straightening Time:** Lingual braces can take slightly longer to straighten your teeth than conventional braces.

SUITABILITY

Lingual braces are effective in solving a number of orthodontic issues. However, they're best suited to those who need braces but don't want people to notice them. They are also good options for those involved in contact sports, as the impact with your mouth is minimal.

PRICING

Lingual braces can be quite expensive. The most discreet options don't come cheap.

Prices start from around **£4,000**



COMPARING THE MOST POPULAR OPTIONS

SURESMILE

PROS

- **Fit:** SureSmile braces are fitted to the individual wearer and are designed for comfort.
- **Maintenance:** Adjustments will need to be made by an orthodontist, but these are relatively infrequent.

CONS

- **Eating:** Similar with most brace types, you will likely have to change your eating habits and ensure you maintain good oral hygiene. You will need to avoid certain foods for the duration of your treatment.
- **Appearance:** When fitted to the front of your teeth, these braces are not invisible. Fitted as a lingual brace, this is the closest you will get to a completely invisible option.

SUITABILITY

SureSmile offers a highly technical solution to straightening teeth. Advanced imaging and bespoke wires mean that the entire re-alignment process is carefully calculated based on each individual patient's case. Patients with very complicated orthodontic issues see huge benefits from SureSmile.

PRICING

Prices for SureSmile treatment varies depending on your individual needs.





FINAL THOUGHTS...

EVERYONE'S SMILE IS DIFFERENT AND NO TWO ORTHODONTIC JOURNEYS ARE THE SAME.

Plus, every patient is individual too with different **concerns, considerations and budgets**. Start your journey as well informed as you can, but approach the process with an open mind. Your specialist orthodontist will be able to suggest the most suitable treatment option for your **individual** case!

Give yourself more reasons to smile

CONTACT US TO BOOK YOUR CONSULTATION

0121 401 1268 | info@orthodonticsforyou.co.uk