

How do I know which orthodontic treatment is best for me? - Smile Solutions

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How do I know which orthodontic treatment is best for me? - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Dr David Austin 26 Nov 2018 How do I know which orthodontic treatment is best for me?

Comparing orthodontic treatments There are very few people who are lucky enough to avoid ever requiring orthodontic treatment. The difficult part is knowing or deciding which type of orthodontics is best for you and who to see to perform that treatment. The good news is, it's never too late to straighten your teeth as long as they are in good health. Many of today's adults didn't have the opportunity to have braces when they were younger. And now they can afford to make their own decision, some wonder about braces being able to move their teeth or being the right look at their age. In many cases adults are the ideal patients. Since they have made their own decision to start treatment (unlike teenagers, whose parents decide) they are more likely to look after their orthodontic appliances, and this often helps the orthodontist to achieve their goals. Nowadays, with changing technologies and new innovations, there are several types of orthodontic appliance on offer. Traditional Braces Traditional braces are still around, but they now come in both metal and ceramic (clear) versions. Metal braces are made from a high-grade stainless steel and are now smaller in profile than previously. The brackets are bonded to the teeth surfaces with cement, which holds them firmly in place. The brackets are linked using a thin arch wire. This applies pressure to the teeth in order to move them into the desired position. Ceramic braces work in the exact same way as traditional metal braces but the brackets are made from a clear ceramic material which is less visible. These braces are a popular choice among people who are concerned about the aesthetics of traditional braces. The only downside to these braces is that the clear "module" or elastic that holds the wire in place can become discoloured when certain foods are eaten. Lingual Braces Palatal/Lingual braces are similar to traditional metal braces but they are cemented to the inside surfaces of your teeth, making them not visible at all. These braces are specifically custom made for your teeth and come with a custom-made series of wires. Your speech may be slightly affected by these braces, being on the tongue side of your teeth. Invisalign Invisalign is a relatively new type of orthodontic treatment that has been designed to perform similarly to braces and achieve similar, if not the same, results. This treatment involves a series of custom-made clear trays, which are worn 20+ hours a day and removed for eating, drinking and cleaning. Each time you change your aligner/tray (on average every 2 weeks), your teeth are moved slightly more by the slow pressure being applied. Invisalign is very popular among adults and is also available for teenagers. How long

does it take to have orthodontic treatment? The length of orthodontic treatment will vary from patient to patient. While some cases take less time to treat than others, the average treatment time is 18 to 24 months. Mild issues can be treated successfully in as little as six months, while more complex issues (in particular those involving jaw surgery) can take three years or more. The length for your orthodontic treatment also depends on patient compliance – following your orthodontist's instructions and attending all scheduled appointments will ensure that your case can be finished in the shortest time-frame possible. Additional benefits of orthodontic treatment Orthodontic treatment is not only for cosmetic improvements. Straighter teeth make it much easier for you to clean your teeth and maintain good oral health; while crossed teeth can accelerate wear and impede cleaning efforts. There are also times when teeth need to be aligned before restorative or cosmetic dental work can be carried out. As with almost all medical and dental treatment, orthodontic treatment carries inherent risks, as described below. These can be minimised with cooperation, planning and careful management. Risks associated with orthodontic treatment As with almost all medical and dental treatment, orthodontic treatment carries inherent risks, as described below. These can be minimised with cooperation, planning and careful management. Gum disease and tooth decay Gum disease and tooth decay are preventable. The responsibility for maintaining healthy teeth remains with you throughout orthodontic treatment. Tooth decay may extend from a permanent white patch ("decalcification") to holes in the teeth requiring further treatment by a general dentist. In order to prevent gum disease, tooth decay and decalcification we recommend the following: A thorough home oral hygiene regime A professional dental clean every four months A general check-up by your dentist every six months during treatment A diet low in sugar Root-end resorption and tooth vitality Tooth root shortening ("resorption") may occur during treatment and is unpredictable in nature. The majority of resorption cases do not have long-term effects; however, in a minority of cases the long-term prognosis of the teeth may be affected. Patients who have previously had orthodontic treatment are at greater risk of resorption during retreatment. "Tooth vitality" refers to the health of the nerves within our teeth. Orthodontic movement of teeth can further insult the nerve in teeth previously exposed to trauma or deep fillings, leading to potential loss of vitality and discolouration. Relapse and growth changes Teeth will continue to move with age, even in patients who have not had orthodontic treatment. Retainers prevent this natural ongoing movement. If you do not wear your retainers as instructed, you can expect your teeth to move. This ongoing movement is outside our responsibility and may necessitate re-treatment at an additional cost. The re-treatment fee will be determined by the amount of movement involved and how long the braces or removable plates are in place. Your treatment will be proposed by your orthodontist and you will be fully informed of any costs. Jaw growth which is considered atypical, either in terms of direction or extent, may change the course or length of treatment. Further growth after the conclusion of treatment may alter the final result. Despite every effort by the treatment orthodontist, this growth cannot always be predicted and a recommendation may be made for re-treatment and/or surgery. Wisdom teeth Any impacted wisdom teeth that remain after orthodontic treatment may affect the stability of the outcome achieved by your orthodontist. In order to help prevent unwanted movement of your teeth and other problems associated with malpositioned. Wisdom teeth, we strongly recommend that you discuss this risk with your orthodontist. Where necessary, your orthodontist may refer you to an oral & maxillofacial surgeon to discuss options for management of your wisdom teeth. If you choose not to have an assessment with an oral & maxillofacial surgeon and do not undergo any recommended treatment, your newly aligned teeth may move. Bone and gum loss The health of the bone and gums ("peridonal health") should be assessed by a general dentist or specialist periodontist before orthodontic treatment begins. This is the responsibility of the patient. Further progression of periodontal disease can occur if the patient does not maintain excellent oral hygiene and remain under the close care of a general dentist or specialist periodontist. Temporomandibular joint (TMJ) symptoms During treatment, patients may develop problems with the jaw, either in terms of pain or function. This can be difficult to predict and may have occurred regardless of orthodontic treatment. Any relationship between orthodontic treatment and temporomandibular dysfunction is tenuous. If any jaw pain does develop patients must advise their treating orthodontist. In some circumstances changes to the treatment plan may be necessary. Typical scenarios are as follows: Ankylosis If teeth are fused to bone ("ankylosed") and thus unable to be moved, an alternative approach will need to be considered. Therapeutic extractions Individuals'

biological response to orthodontic treatment varies. In some cases extraction of teeth may be required partway through the treatment in order to obtain the best aesthetic and functional outcome. If extraction was not part of the initial treatment plan, the treating orthodontist will discuss these changes with the patient. Treatment time Orthodontic treatment time may vary according to the response of the teeth and jaws to treatment, and depending on patient compliance. Choosing the right orthodontic treatment for you The decision as to which is the best orthodontic treatment does not need to be made solely on your own. An orthodontist is a trained dental specialist. Their expertise lies in the diagnosis and treatment of dental and facial irregularities to help correctly align teeth, bites and jaws, including straightening teeth. By attending a consultation, you can let them guide you towards which options are suitable for you and your lifestyle. At Smile Solutions , your specialist orthodontist will take the time to assess your smile in a complimentary consultation and can give you all information relevant to your orthodontic treatment, such as different options, costs, and an estimate of how long the treatment will take. Uncover more from Smile Solutions View Blogs All Dr David Austin 13 Oct 2018 How to get straight teeth without braces? Or Invisalign Read More All Dr David Austin 3 Aug 2017 How long does it take to have orthodontic treatment? Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More All Dr David Austin 13 Oct 2018 How to get straight teeth without braces? Or Invisalign Read More All Dr David Austin 3 Aug 2017 How long does it take to have orthodontic treatment? Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More All Dr David Austin 13 Oct 2018 How to get straight teeth without braces? Or Invisalign Read More All Dr David Austin 3 Aug 2017 How long does it take to have orthodontic treatment? Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now