

# Traditional Braces Melbourne - Smile Solutions

Canonical: <https://www.smilesolutions.com.au/orthodontics/braces/>

## Details:

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orthodontics Orthodontic Braces Braces are an orthodontic treatment used to correct the position of teeth and improve the patient's occlusion (bite). What are braces? Braces use brackets that are fixed to the teeth and apply gentle, continuous pressure to gradually move teeth into their ideal positions. They are suitable for patients of all ages and can correct a range of dental issues, including crooked teeth, crowding, spacing, and bite problems. Braces can be made from different materials and placed in various ways, depending on your needs and preferences. What are the different types of orthodontic braces? Braces come in a variety of options designed to suit different treatment needs and personal preferences.

**Traditional Braces** Traditional or conventional braces conventional braces consist of two parts: a series of either metal or clear brackets that are attached to each tooth, and an arch wire that runs through slots in the brackets. When tensioned, the wire slowly moves the teeth into the desired position. At Smile Solutions we use self-ligating braces, which hold the arch wire in place without elastic ties. This makes adjustments quicker, the braces more discreet and comfortable, and oral hygiene easier to maintain, helping to reduce plaque buildup and keep your breath fresher during treatment.

**Clear Braces** Clear braces, also known as ceramic or porcelain braces, are made from a tooth-colored ceramic material to blend with your natural teeth. Like traditional braces, the clear brackets are attached to each tooth with an arch wire that runs through the slots in the brackets to guide teeth into their new positions when tightened. Clear braces are just as effective as traditional metal braces but are more aesthetically pleasing, appearing nearly invisible from 2 to 3 metres away. They hold the wire in place without elastic ties, making adjustments quicker, the braces more comfortable and discreet, and oral hygiene easier to maintain.

**Internal Lingual Braces** Internal lingual braces use metal brackets fitted to the back of the teeth (the tongue side), threaded with an arch wire and elastic tighteners. They straighten and realign teeth just like conventional braces, but are completely hidden from view, making them an excellent option for patients who want undetectable treatment with superior results. Many patients find them relatively comfortable, as they don't rub against the inside of the lips like traditional braces. Because of their unique technique, additional clinician training is required, and treatment can sometimes take slightly longer than conventional braces.

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**What to Expect During Treatment**

- 1 3D Scan & Labwork** Your orthodontist takes a three-dimensional scan of your teeth, which is sent to a specialised laboratory to create customised brackets for each tooth and matching wires. This manufacturing process takes approximately 8 to 10 weeks.
- 2 Fitting the Braces** At your next appointment, the braces are attached to your teeth. Once the brackets are cemented, the arch wire is fitted to gradually move your teeth into the desired position.
- 3 Adjustment and Comfort** Some slight discomfort, tenderness, or a tightening sensation is normal, especially after adjustments. Most patients experience minimal discomfort, and painkillers can be used if needed. Start your journey to straighter teeth

**Book Now**

**Frequently Asked Questions**

**Will my braces hurt?** Some discomfort is normal, especially when braces are first fitted or after adjustments. Lips and cheeks may feel sore, and teeth may feel tight or tender for up to a week. Orthodontic wax, saltwater rinses, soft foods, and over-the-counter pain relief can help manage discomfort.

**How should I care for my teeth while wearing braces?** Excellent oral hygiene is crucial. Brush carefully around brackets and along the gum line, and use tools like floss threaders, superfloss, or interdental brushes to clean between teeth and wires. If your gums bleed or seem puffy, more frequent professional cleanings are recommended.

**Do I still need to see my general dentist while wearing braces?** Yes. Your orthodontist manages your braces, but your general dentist ensures your teeth and gums remain healthy. Regular check-ups and cleanings every six months (or as advised) are essential.

**I have lost a bracket from my braces.** When a bracket debonds from your tooth, please do not panic. If this does happen we will be here to assist you. We ask that you call or email us so that we can seek advice directly from your treating orthodontist. Remember

that we will be available to provide an emergency service should we need to. Can I wear a sports mouthguard with braces? Yes, mouthguards can be worn over braces, though frequent use may affect tooth movement. Custom-made mouthguards suitable for braces are available. How much do braces cost? The cost of braces varies depending on the type and complexity of treatment. Braces that are custom-made or require additional clinician training, such as lingual braces, may cost more. Your orthodontist will provide an accurate estimate after a consultation. How often will I need to visit my orthodontist? Most patients visit their orthodontist every six to eight weeks for adjustments. Complex cases may require more frequent visits. Wires and elastics are typically changed at each appointment. Who is suitable for braces? Braces are suitable for patients of all ages who are eligible for orthodontic treatment. Certain types of braces, such as lingual braces, may not be suitable for patients with very deep bites. Will braces affect my speech? Some types of braces, such as lingual braces that are fitted to the back of the teeth, may take some getting used to and can temporarily affect speech. Most patients adapt quickly, and their speech returns to normal. Meet our Specialist Orthodontists At Smile Solutions all your orthodontic treatment will be carried out by one of our board registered specialist orthodontists. To qualify as a registered specialist orthodontist in Australia, practitioners must first have the same degree as a general dentist, with honours. They then study for a further three to four years for a Masters degree or equivalent specific training in orthodontics, making them eligible to apply for registration with the Dental Board of Australia as a specialist orthodontist. Our orthodontists often work in seamless collaboration with our paediatric dentists in cases involving children's teeth and with prosthodontists and cosmetic dentists in cases involving adult oral health and restoration. Dr David Austin Specialist Orthodontist BDSc (Melb), MDS Orth (HK), MOrth, RCS (Edin) Dr Joshua Ch'ng Specialist Orthodontist BDSc (Melb), FRACDS, D.Clin.Dent (Melb) Dr Andrea Phatouros Specialist Orthodontist BDSc (WA), MDS Orth (WA), FRACDS Dr David Austin Specialist Orthodontist BDSc (Melb), MDS Orth (HK), MOrth, RCS (Edin) Dr Joshua Ch'ng Specialist Orthodontist BDSc (Melb), FRACDS, D.Clin.Dent (Melb) Dr Andrea Phatouros Specialist Orthodontist BDSc (WA), MDS Orth (WA), FRACDS Dr David Austin Specialist Orthodontist BDSc (Melb), MDS Orth (HK), MOrth, RCS (Edin) Dr Joshua Ch'ng Specialist Orthodontist BDSc (Melb), FRACDS, D.Clin.Dent (Melb) Dr Andrea Phatouros Specialist Orthodontist BDSc (WA), MDS Orth (WA), FRACDS Contact Us Contact Us " \* " indicates required fields Full Name \* Phone Number Email Address \* Enquiry Type \* General & Cosmetic Dentistry Orthodontics & Invisalign® Specialist Care Do you have private health insurance with dental cover? Yes No Your Message \* Send Message Send Message > Δ 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

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