

# Why Braces?

Braces are often used to straighten teeth as they are the most effective way of making changes to tooth position in a controlled and predictable way, and enable the orthodontist to precisely position each tooth in the perfect position. If you want to achieve an ideal result, braces are usually part of your plan! For most people, a beautiful smile is the most obvious benefit of orthodontics. After your braces come off, you'll feel more self-confident. During your treatment, we want you to feel as comfortable as possible.

## How orthodontic treatment works

Orthodontic appliances can be made of metal, ceramic, or plastic. They may be removable or they may be brackets bonded to the teeth. By placing a constant, gentle force in a carefully controlled direction, braces slowly move teeth to a corrected position. This is a great time to wear braces! Brackets are glued onto each individual tooth, and sometimes you can choose the color of the ties that hold the wire in brackets. The latest high tech archwires that are activated by the heat in your mouth move teeth faster with less discomfort to patients.



## Duration of treatment

Treatment time typically ranges from 18 to 24 months, depending on the growth of the patient's mouth and face, and the severity of the problem. Patients grow at different rates and will respond variously to orthodontic treatment, so the time until case completion may differ from the original estimate. Complying with wearing any orthodontic auxiliaries such as rubber bands is an important factor in achieving the most efficient treatment. Interceptive, or early treatment procedures, may take as few as six months.