



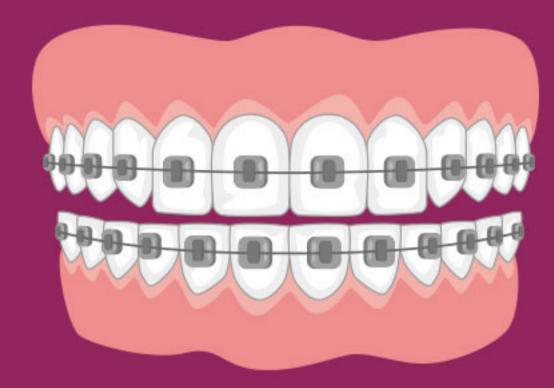
These devices are used to correct crooked teeth and individual brackets are fixed to the teeth with a special glue and therefore cannot be removed by the patient. This type of brace is used when the teeth are very crooked and offers the best results.

CERAMIC



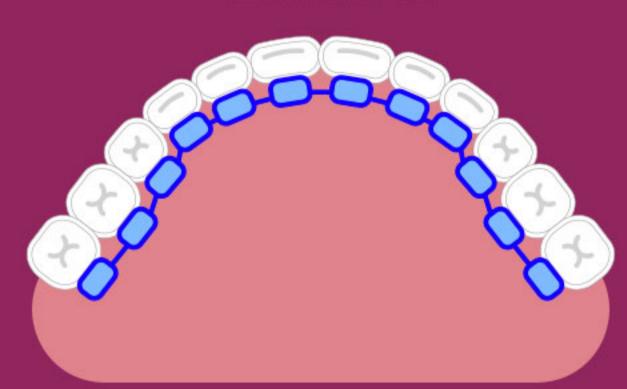
Ceramic braces are the same size and shape as metal braces, except that they have tooth-colored or clear brackets that blend in to teeth.

METAL

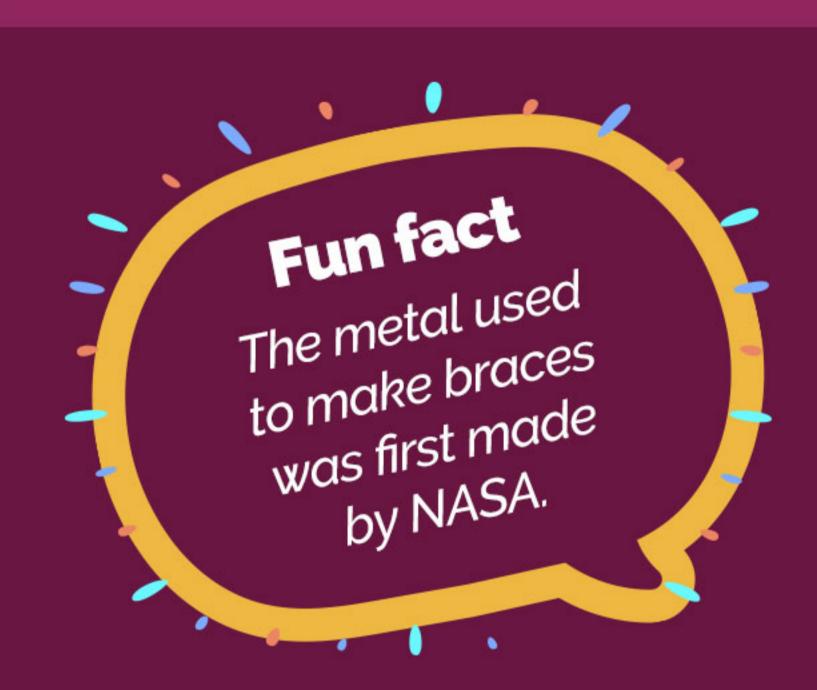


Metal braces are the traditional braces, they tend to move your teeth slightly faster than ceramic and are available in different colours.

LINGUAL



Custom lingual braces sit behind the teeth so they are almost invisible and teeth are straightened without you worrying about your appearance.



TAKE CARE OF YOUR BRACES

Your dentist/orthodontist can offer advice. If you regularly damage your braces, you will lengthen your treatment time. If you want to keep your orthodontic treatment time as short as possible, follow a diet of softer food to make sure that your braces do not break. A good balanced, healthy diet and excellent oral hygiene are very important during orthodontic treatment to maintain strong and healthy teeth



DON'T

Eat crunchy, hard or sticky foods

Drink fizzy and acidic drinks

Drink large amounts of fruit juice

Chew on pens, pencils and other objects

Don't touch your braces

<u>DO</u>

Floss teeth at least twice a day and after each meal

Regular check-ups

Brush your teeth for 3 minutes at least twice a day using a fluoride toothpaste

Scrub your tongue