



Better  CARE
CLINIC

Teeth Straightening

Let us help you
shape your
future smile

Clear Ceramic Braces

Many people are not happy with how their front teeth look when they smile but are put off wearing braces because they don't want to wear visible metal braces for a year or two. Clear ceramic braces are a rapid and aesthetic orthodontic system that focuses mainly on the front teeth. The speed and less visible appearance of clear ceramic braces make it a highly appealing option that can fit anyone's lifestyle.



We use clear brackets, as opposed to metal brackets. The wire used is also coated with a white material. As a result, ceramic braces are less visible than traditional fixed braces.

The brace wires use shape memory meaning the wire will return to its original shape regardless of how it is bent. This creates the gentle forces used to move your teeth to the desired position. Low forces reduce the risk of damage to the teeth or roots.

In order to maintain the results of any orthodontic treatment you will need a retainer that is worn for life. The braces are mainly used to straighten mild crowding or spacing of teeth for aesthetic reasons.

1

Consultation

The consultation is your first step towards improving your smile. Your dentist will take a full history and listen to how you would like to change your smile.

You and your dentist can plan your goals of treatment together. A full treatment plan will be provided along with likely timescales, fees and finance options. You will have the opportunity to ask any questions you may have at this stage.

2

Records appointment

Once you are happy to go ahead with the treatment your dentist will take photos and impressions of your teeth which will be sent to a specialised laboratory where your braces will be made.

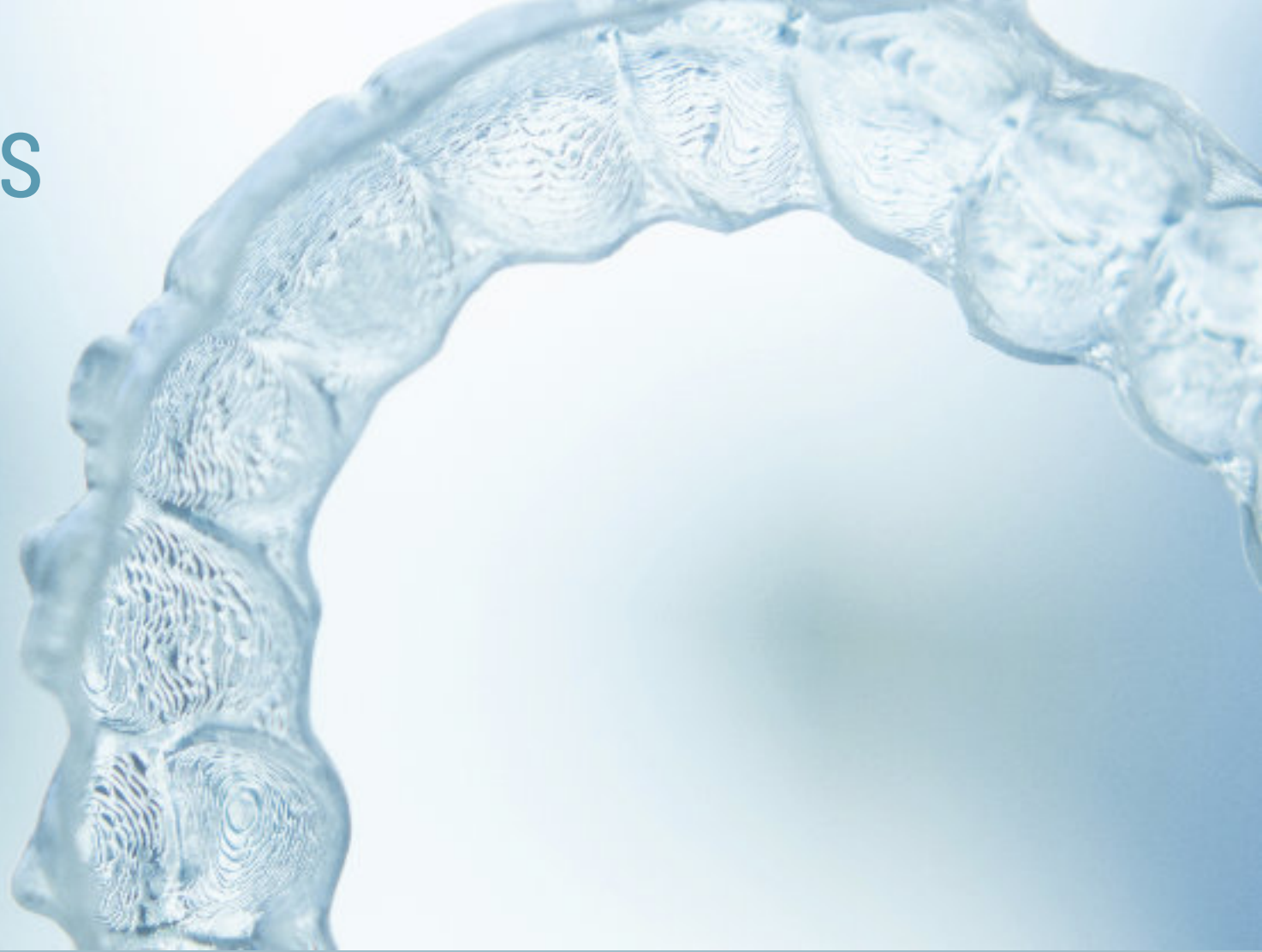
3

Brace fitting

The appointment will begin by attachment of ceramic brackets one at a time to each tooth. A white coated wire will then be placed on these brackets. You will be given instructions on how to clean around the braces and we will book 4 to 6 weekly appointments depending on how much is required.



Clear Aligners



We use advanced clear aligner systems that are individually designed to straighten your smile. The aligners are removable, comfortable and easy to maintain.

Please note the aligners need to be worn **22 hours per day**. They are removed only for eating or special social situations. You will change aligners every 2 weeks and notice a small difference in your smile each time.



Appointment Schedule

1

Once your dentist has confirmed that you are eligible for treatment, they will take photos, X-rays and digital scans, or a dental impression, of your teeth.

2

You'll receive a series of custom-made aligners to wear every day and change at home - on average every 1-2 weeks.

3

You'll visit your dentist around every 6-8 weeks to monitor progress and receive new aligners.



Improving your smile step by step

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