



Ceramic Braces

WHAT ARE CERAMIC BRACES MADE OUT OF?

Ceramic braces are similar to traditional metal braces. Both types of braces consist of a system of brackets and archwires that work to move teeth into place, they are just made out of different materials. While metal braces are made of steel, clear braces are made out of a transparent ceramic material that blends into the natural color of your teeth more than metal braces do. Rubber bands required in ceramic braces are usually made of clear or tooth colored materials for maximum invisibility whereas the wires will still be visible.

Ceramic braces have the same functionality as traditionally metal braces, it is a personal preference which one you prefer; however, you need to be aware that they are more fragile.

WHAT ARE THE BENEFITS OF CERAMIC BRACES?

The biggest appeal that ceramic braces offer is their minimal visibility.

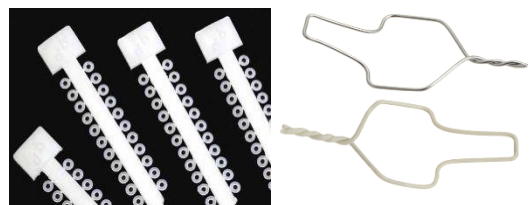
WHAT ARE THE DOWNSIDES OF CERAMIC BRACES?

Because they are not made from steel, ceramic braces are much more fragile than traditional metal braces. You will need to be extra careful about what you eat, as well as wearing protective mouth gear while playing sports. Another common challenge that patients experience is staining. Because ceramic braces are light in color, it is much easier for them to become discolored from food or poor oral hygiene. Finally you need to be aware that when we remove ceramic braces, they break into pieces which creates horrible noises but don't harm your teeth.

HOW DO METAL BRACES WORK?

In order to attach the wire to the brackets metal ligatures or elastic modules are used.

These may discolour with time. We would not normally replace them until the planned treatment interval.



HOW LONG WILL I NEED TO WEAR MY CERAMIC BRACES?

While every patient's needs and treatment plans will be different, ceramic braces generally take the same time as traditional metal braces would.

WHAT ISSUES CAN CERAMIC BRACES ADDRESS?

Different alignment issues call for different treatment plans. Ceramic braces cannot efficiently address some issues, such as severe overcrowding, as well as other options like traditional metal braces can. If your orthodontist feels that ceramic braces may not be the best option for addressing your concerns, they will advise against ceramic braces for your specific treatment plan. It is important to trust your orthodontist's evaluation, as they are a highly trained professionals who will prioritize your health, safety, and treatment success. Your orthodontist wants to help you make the best decision for your own journey to the perfect smile!

WILL I NEED TO CHANGE MY DIET WHILE I HAVE CERAMIC BRACES?

Every orthodontic treatment option requires some dietary adjustments to keep your braces or aligners in good, clean, condition and minimize damage. Ceramic braces come with many of the same dietary restrictions as metal braces, but even more care is encouraged because ceramic braces are more delicate. So nice Indian curries you should avoid 😊

HOW CAN I TAKE CARE OF MY CERAMIC BRACES?

Just as with metal braces, orthodontists recommend that patients brush and floss their teeth after every meal. For flossing I would recommend a waterpik (water shower) you can obtain in Amazon. If you have clear ceramic braces, you will want to brush your teeth as soon as possible after eating in order to minimize the risk of staining, which can be caused by food particles that have been left in your braces for too long. You will want to clean your braces after smaller snacks too, even if all you have time for is a quick rinse. Anything you can do to reduce the risk of your ceramic braces becoming stained or discolored is worth the effort!

Bite

During the treatment, your bite will change every day. This will make certain teeth experience more pressure than others; this can cause pain, joint discomfort, headaches, and neck ache. Unfortunately, this is just something that has managed with painkillers.

As discussed at your consultation to aid with levelling and aligning of your teeth and allow for the correct positioning and settling of your bite, you may require your bite to be moved out of the way to prevent your bite from interfering with tooth movement progress and accidentally knocking brackets off. To do this we place small blocks on the teeth these are either added to the tooth surface for non-customised braces or built into the brace for customised braces. They will be placed either at the front behind the teeth or at the back on top of the teeth, placement will depend on your individual bite

The change in the bite might cause the teeth to come apart from each other – this is known as a change in the vertical dimension.

The only way to correct the vertical dimension in orthodontics is with elastics. These are small rubber bands that are placed from the top to the bottom. These elastics are worn for a certain period during treatment depending on the case. Slight visibility is inevitable! If needed **Daily elastic use for 22 hours is necessary** and compliance is particularly important to correct your bite or midline shifts and to achieve the best results possible for you.