



## Lingual braces

### WHAT ARE LINGUAL BRACES?

You already know about the traditional metal braces placed on the front of the teeth. What sets lingual braces apart is in their placement on the back of the teeth. Lingual braces are virtually invisible, and that's the main reason eligible patients choose them. This partly explains why they are more common among adults than children although there is a lower risk for decay in children. Lingual braces are the most accurate, discreet, comfortable, and most efficient way to move teeth. Treatment times are often shorter and the treatment can be finished with greater precision than any of the other brace systems.

### ARE LINGUAL BRACES VISIBLE?

Lingual braces are fitted to the inside of your teeth – where no one can see them except for you, your orthodontist, and your dentist. They are undoubtedly the most discreet brace available, and friends and family will need to have a mirror handy if they want to spot them! Although mainly all our adult patients are treated with invisible lingual braces, there may be some instances in which certain parts may be visible during treatment. **Elastics** which we might have to use, are placed from the upper to the lower jaw and are visible a bit. Still my main aim is to treat you as best as I can with invisible methods.

### ARE LINGUAL BRACES RIGHT FOR ME?

Because lingual braces are not available on the NHS, they tend to be more popular among adults. But if you can wear a fixed brace, you can wear a lingual brace. This means children, teenagers and adults of all ages can benefit from lingual orthodontics.

### WHAT PROBLEMS CAN BE TREATED WITH LINGUAL BRACES?

A malocclusion is a misalignment of the teeth, and there are several different types – all of which can be treated effectively using lingual braces. So, whether you have crowded teeth, spacing, an open bite, an overbite or missing teeth, lingual braces can straighten your smile and give you a perfect occlusion.

### WHY ARE LINGUAL BRACES CUSTOM MADE?

The backs of your teeth are much less uniform than the fronts, and if we tried to attach traditional metal brackets to these, they would probably fall off fairly quickly. That is why lingual brackets are specially designed and increasingly custom-made just for you. This means your orthodontist can position your brackets perfectly, where they will be most effective at moving your teeth. It also means that the brackets can be made as low profile as possible to make them more comfortable.

## WILL BRACES DAMAGE MY TEETH?

If you look after your teeth properly throughout your orthodontic treatment and keep up a good oral hygiene routine, there should not be any damage to your teeth, regardless of which brace you choose.

But, if any damage does arise due to eating the wrong foods, or not brushing carefully enough during your treatment, with lingual braces the effects won't be on show for everyone to see and the decalcification risk is 10 times lower compared to standard buccal braces ("train track").

## WILL LINGUAL BRACES AFFECT MY SPEECH?

Patients adapt within a few days and after a couple of weeks their speech returns to normal. The more you practice talking with your lingual brace on the quicker your speech will return to normal.

Some of our patients find it useful to read the Rainbow Passage aloud several times a day. This passage was created by speech therapists and contains lots of the sound combinations found in the English language.

### Rainbow Passage

*When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colours. These take the shape of a long round arch, with its path high above, and its two ends apparently beyond the horizon. There is, according to a legend, a boiling pot of gold at one end. People look, but no one ever finds it. When a man looks for something beyond its reach, his friends say he is looking for the pot of gold at the end of the rainbow.*

## HOW SOON MY TEETH WILL START MOVING?

Lingual braces ensure the ever-improving results of your hard work and perseverance will not be hidden behind brackets and wires. This means you can start to appreciate the benefits of your treatment while you are still wearing your braces. It also means your orthodontist can evaluate your smile as you get towards the end of your treatment and make any necessary tweaks to give you the best result. Generally, you will feel the teeth moving after about 5 hours.

## 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.

## WHO CAN PROVIDE LINGUAL BRACES?

Lingual orthodontics is a complex technique, which is offered predominantly by specialist orthodontists. Both specialist orthodontists and dentists can provide orthodontic treatment, but specialist orthodontists have undergone three years of full-time specialist training. They are also more likely to only provide orthodontic treatment and will have more experience of treating extraordinarily complex cases. Dr. Decker studied this lingual brace for further 2 years and gained a MSc in advanced lingual orthodontics in it. 2017 he even became Nr.1 Incognito User Worldwide.

## ARE LINGUAL BRACES POPULAR?

Demand for lingual braces is on the rise. In 2015, enquiries for Incognito™ increased by 610% in just six months. To keep up with lingual braces' growing popularity, more orthodontists are adopting the technique – and more resources are being invested in training, research and development. Ultimately, we hope this will see lingual braces become even more advanced and provide patients with even more benefits in the future.