

A woman with long, dark, wavy hair is smiling broadly, leaning forward in a field of tall grass. She is wearing a colorful, patterned dress. The background is a soft-focus green field under bright, natural light.

YOUR GUIDE TO LINGUAL BRACES

Straighten your
smile discreetly

Ortho3

www.ortho3.com.au



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What are Lingual Braces?

Basically speaking, lingual braces are just like traditional metal and wire braces, except, instead of sitting on the front of your teeth for the whole world to see, they're hidden on the back of your teeth. Treatment times are very similar to traditional braces, and on average you will need to wear them for between 12 and 24 months, depending on your exact needs.

Lingual braces are virtually invisible, making them a great option for both adults and teenagers. As the lingual braces are bonded to the back of the teeth they can straighten our patients' smiles whilst remaining completely hidden. This hidden nature often makes lingual braces a desirable option for adults who are self-conscious about straightening their smile. For busy professionals this inconspicuous option can help them achieve optimal oral health and a beautiful smile whilst retaining a professional image.

Would you like to straighten your smile without the whole world knowing? Lingual braces provide all the strength of traditional braces, but they're virtually invisible.

How does the Lingual Braces system work?

At Ortho3 in Sydney's CBD and Bondi Junction we pride ourselves on offering the most advanced and effective orthodontic treatments available. Lingual braces can transform the way you think about straightening your smile. The system itself operates with brackets and wire, much like traditional braces, however this system is bonded to the back of your teeth. The treatment time varies from 12 to 24 months depending on the specific oral condition.

Custom made for your comfort

Each bracket is custom made to fit seamlessly into our patients' smiles in order to increase the comfort of our patients whilst wearing the lingual braces. As the brackets are made to fit flawlessly amongst the teeth, lingual braces should not be uncomfortable. Once lingual braces have been placed there is often a slight adjustment period, however over time the tongue will adjust to the orthodontic device.

Addressing crooked teeth and crowded smiles

Lingual braces can correct a number of dental concerns much the same as traditional braces. Gaps between teeth, misaligned bites and crowding can all be corrected with the use of lingual braces.





Lingual Braces - FAQ

Who is suitable for Lingual Braces?

Lingual braces are custom made to fit nearly every smile and every oral condition. They can be used on most cases to straighten teeth and correct bites including the more complex cases that other clear aligners cannot treat.

This system is adaptable enough to be applied in simple cases where just the six front teeth require correction and not the entire arch – all without seeing any attachments on the outside or having to regularly remove and replace aligners! Precision is assured with a custom made bracket for each tooth and robotically bent archwires.

Do Lingual Braces hurt?

Like all varieties of braces, lingual braces will cause some discomfort, particularly in the first few days after they are fitted. This should subside fairly quickly and can be controlled with paracetamol. With lingual braces, you may also find that your tongue will be sensitive in the first week or so due to the braces being attached to the back of your teeth. Again, this should soon subside as your tongue gets used to the new layout of your mouth.

What are the advantages of Lingual Braces?

First and foremost, the biggest advantage of lingual braces is the fact that they are completely hidden. Unlike clear aligners, which are restricted in the complexity of issues they can correct, lingual braces are able to correct the more complex cases, just like traditional braces. They're also extremely versatile and adaptable; if you only need your six front teeth straightened, they can just be applied to those exact teeth. Lingual braces are suitable for all ages, but they tend to be most commonly used by adults due to them being invisible.

What are the disadvantages of Lingual Braces?

If you have a narrower jaw, there is a possibility lingual braces may not be suitable for your mouth as it may crowd it too much. At Ortho3 in the Sydney CBD and at Bondi Junction, Dr Kerry Lester will be able to assess your suitability for lingual braces, and advise you on the best course of action for your unique needs. As with other orthodontic options, you may find that your speech is slightly affected by lingual braces in the initial stages, but this should subside.

How much do Lingual Braces cost?

Like all orthodontic treatments, the cost of lingual braces depends on your unique circumstances. Dr Kerry Lester will be able to advise you as to the exact cost of the treatment you require at your consultation.

Are Lingual Braces covered by my health insurance?

Each health insurance provider covers different things, and to different levels. Please contact your health insurance provider to check for certain if they offer any cover for lingual braces.

Invisible Aligners vs. Lingual Braces

At Ortho3 in Sydney's CBD and Bondi Junction we strive to provide our patients with a wealth of orthodontic information so they can make an informed choice when it comes to their orthodontic treatment.

For young professionals and matured adults the appearance of an orthodontic device can be a daunting thought. This is why we offer a number of subtle options to correct various dental blemishes and crooks without requiring visible metal brackets or wires.

For less extensive dental corrections, invisible aligners might be the more suitable option. An orthodontic specialist will be best positioned to make a call on this.



Invisible Aligners VS Lingual Braces

The comparative guide to discreetly straightening your smile.



Invisible
Aligners

Lingual Braces



Removable

The Invisible Aligners are removable so you can still enjoy your favourite foods or continue your dental hygiene routine.



Comfortable

The Invisible Aligners are custom made to fit your smile comfortably.



Fewer Visits

We can give you with a series of aligners to limit the amount of visit we require.



More Extensive

Lingual Braces can correct more extensive misalignments in your smile.



Completely Hidden

Lingual Braces are bonded behind the teeth and are completely hidden from view, so no one will know!



More Options

Here at Ortho3 we offer Lingual Lite, targeting your six visual teeth, as well as a comprehensive set of Lingual Braces.

Ortho3 - Your Lingual Braces provider

If you'd like to invisibly straighten your smile, Dr Kerry Lester at Ortho3 in Sydney's CBD and Bondi Junction is an experienced provider of lingual braces. With over 20 years' experience as a specialist orthodontist, Dr Lester can help you find the best treatment to get the results you want.



"Ortho3 uses invisible lingual braces and Lingual Lite. Targeting your 'social six', the six teeth that are visible when you smile, our orthodontic professionals can apply Lingual Lite to bring the teeth into the correct positioning subtly and rapidly."

— Dr Kerry Lester, **Specialist Orthodontist**

