



# Adult Orthodontics

## A guide to straightening your smile

Ortho3

Often orthodontic treatment is thought of as being for teenagers. In fact, many seem to think that if they didn't undergo treatment as an adolescent, then it's too late.

This is simply not the case. There's no limit on age when it comes to orthodontics. Thanks to modern techniques, we are not limited by the age of the patient or the type of treatment used. We now have access to various solutions for treating orthodontic issues.

This guide takes a look at the orthodontic treatments offered to patients of all ages, but with a particular emphasis on the benefits for our adult patients.

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# What are the advantages of a straighter smile?

## The links between your overall health, and a healthy smile

Straight, well-aligned teeth and bite are not just about aesthetics. When you have crooked teeth, food and bacteria have more nooks and crannies to hide in. Brushing crooked and misaligned teeth is less effective due to position of the teeth, therefore plaque and bacteria is more likely to build up. This can lead to an increase of gum disease, tooth decay, and infection.

In addition to this, crooked teeth can even have an effect on your digestion. When your teeth don't meet properly, you aren't able to chew your food as well, which can put stress on your digestion as the food hasn't been broken down sufficiently. The important role your teeth play in your overall health is something which is often overlooked. Having a "good" bite also protects the teeth and the jaw joints from excessive wear and pressure.

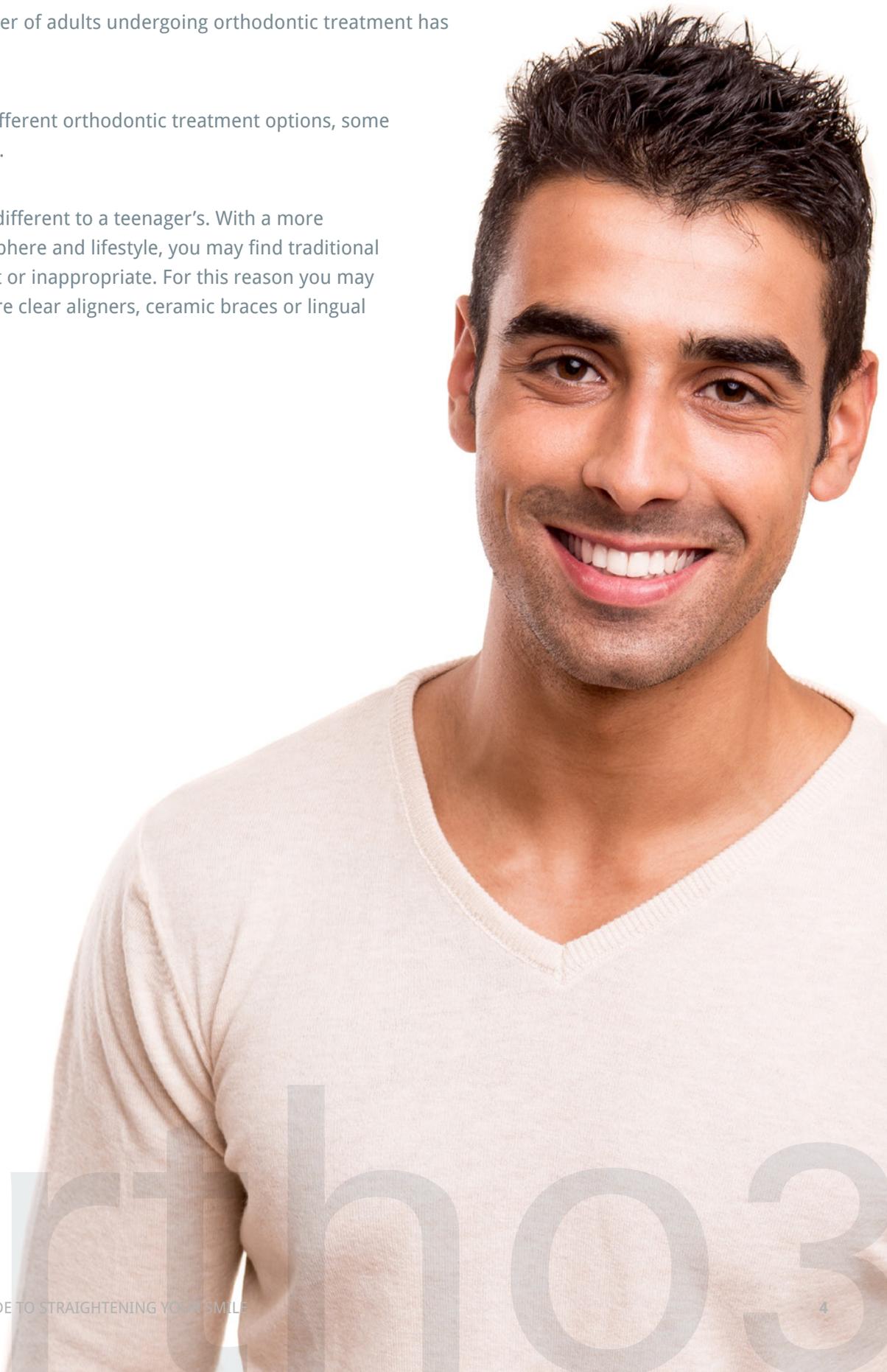


# Your orthodontic treatment options

In recent years, the number of adults undergoing orthodontic treatment has risen dramatically.

At Ortho3 we offer four different orthodontic treatment options, some more discreet than others.

An adult's life is certainly different to a teenager's. With a more sophisticated work atmosphere and lifestyle, you may find traditional metal braces inconvenient or inappropriate. For this reason you may be more inclined to explore clear aligners, ceramic braces or lingual orthodontic treatment.



# Clear aligners

The technology behind clear aligners has helped to revolutionise the orthodontic industry. Rather than having a mouth full of metal brackets and wires, clear aligners are virtually invisible on your teeth.

Custom created with 3D technology to perfectly fit your mouth, clear aligners gradually move your teeth to their desired position. They fit over your teeth a little like a very thin mouthguard, and you'll wear each tray for around two to four weeks before you move on to the next.

As they're removable, clear aligners give you a lot of flexibility. Take them out to eat the foods you love – no dietary restrictions here! – then brush your teeth and pop them back in to continue your treatment.

The discomfort with each new aligner is usually short lived. So long as you make sure you're wearing your aligners for the recommended 20- 22 hours a day, you will find the treatment will progress at the speed it should. Compliance is key with this option.

*“The good news for adults now is that there are discreet treatments. Although the aligner treatment is not suitable for all patients, invisible aligners can provide a method of straightening your teeth for less complex alignment concerns.”*

**- DR KERRY LESTER**



# Lingual braces

Lingual braces are both very similar and very different to traditional braces. They're similar in that they utilise wires and brackets to move your teeth, but they're completely different in that they're attached to the backs of your teeth, making them almost invisible to the rest of the world.

Because they feature similar strength to traditional braces, often a combination of lingual braces and traditional braces can be used to treat more severe cases. There will always be some cases which require the traditional route, but lingual braces can give a little more flexibility.

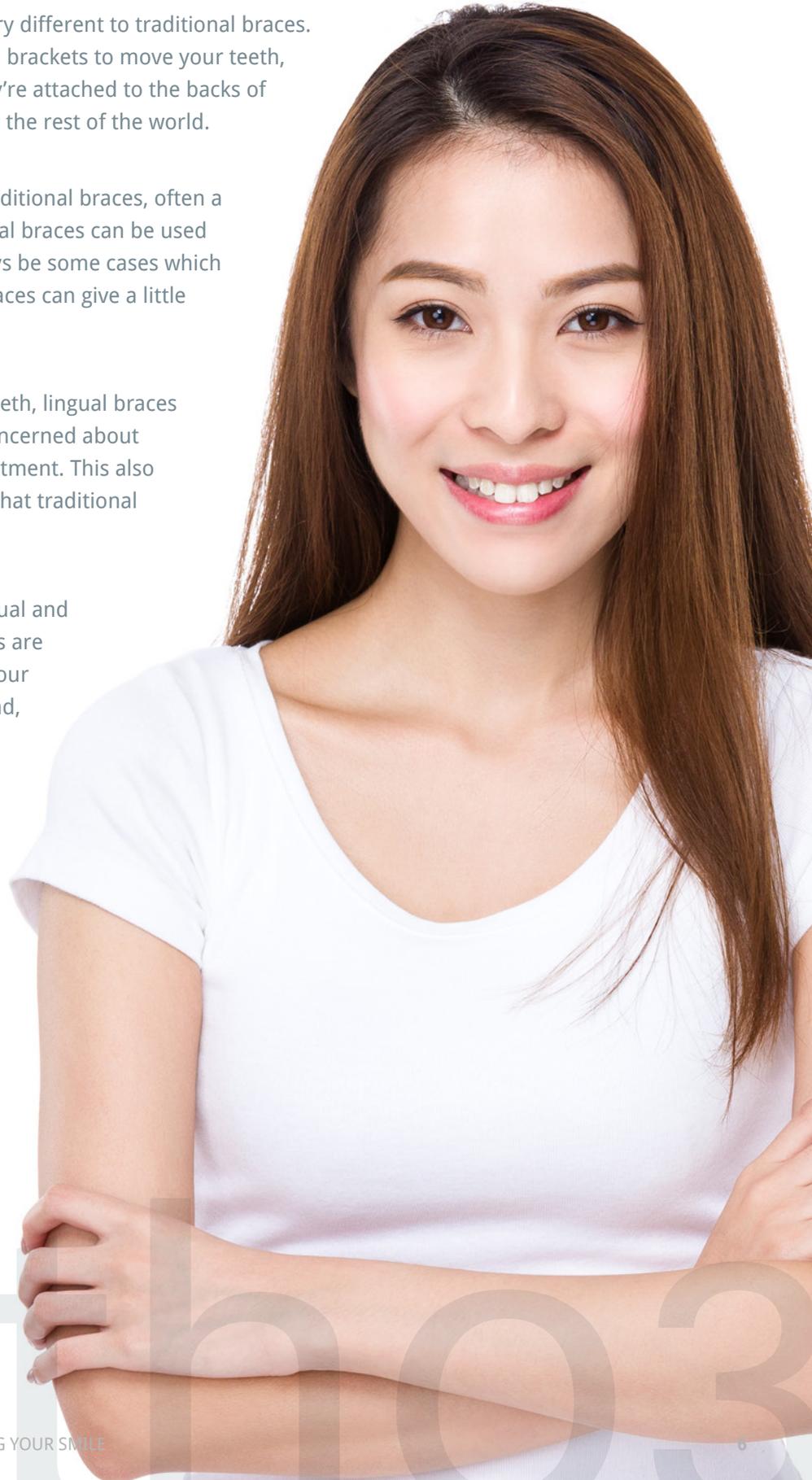
As they are attached to the backs of your teeth, lingual braces are an excellent route for those who are concerned about their appearance while undergoing the treatment. This also eliminates irritation to the lips and cheeks that traditional braces can cause.

Another significant difference between lingual and traditional braces is that each lingual braces are custom made for each individual tooth in your mouth. Traditional braces, on the other hand, are the same standard brackets for each tooth.

You will need to attend regular adjustment appointments throughout your lingual braces treatment. Most patients do experience some discomfort following these appointments, but this is easily managed and should subside relatively quickly.

*"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**



# Traditional braces

While traditional braces often received a bad rap in the past, the technology has come a long way, and the modern versions are actually quite sleek by comparison.

Traditional braces are the most comprehensive orthodontic treatment, able to address the full range of orthodontic concerns, and are usually a combination of high-grade stainless steel and extremely flexible nickel titanium.

You will need to attend regular adjustment appointments throughout your traditional braces treatment. Some patients do experience slight discomfort following these appointments, but this should subside relatively quickly.

*“With a plethora of treatments available, we personalise the orthodontic treatment to fit in with the patient’s lifestyle, needs and also their desires.”*

**- DR KERRY LESTER**



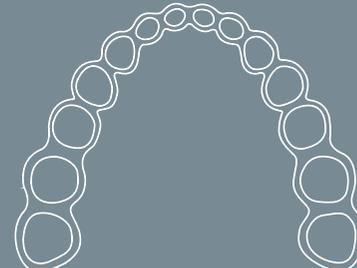
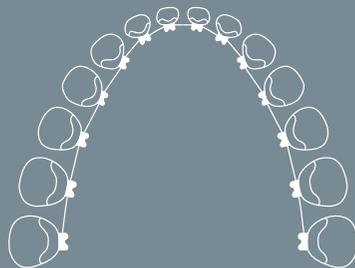
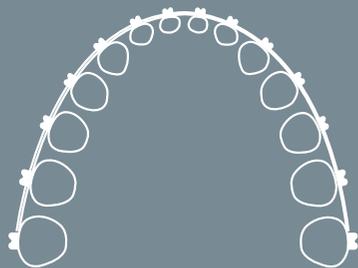
# Clear braces

Why not the best of both worlds?

For patients who are conscious of the amount of metal associated with traditional metal braces, but would still like the benefits of the most effective way of straightening teeth and aligning their bite, ceramic or tooth coloured braces are the perfect alternative.



# Comparing the Treatments



## Traditional and Clear Braces

## Lingual Braces

## Clear Aligners

	Traditional and Clear Braces	Lingual Braces	Clear Aligners
Cases	These are the most comprehensive orthodontic treatments. They can generally address the full range of orthodontic concerns.	Lingual braces, also known as invisible braces, are attached to the inside surfaces of the teeth. They are practically invisible from the outside and function similarly to traditional metal braces.	Without going into too much detail, clear aligners may not be suitable for certain types of tooth movement, however this can be overcome by combining with partial traditional or lingual braces. In certain situations, clear aligners can actually be the ideal option for your smile.
Visibility	While traditional metal braces are far less chunky and obvious than they once were, they are still the most visible of all orthodontic options. Clear braces can be either ceramic or tooth coloured, making them less obvious on your teeth.	Lingual braces are practically invisible from view. Many people will go through their entire treatment without a single person ever noticing.	Having no metal brackets or wires, the clear aligners system is virtually invisible. In addition to this, while it is recommended the aligners remain on your teeth for the majority of time, they are removable for eating, cleaning and special occasions.
Comfort	This option will cause some discomfort. Just remember, hundreds and thousands of kids' and adults have gone through the process so it can't be that bad.	Being on the back of the teeth may cause some discomfort. Having said this, the mouth is very adaptable and gets used to the braces in the same time as conventional braces. There is no irritation to the cheeks or lips.	Most people report very little or no discomfort at all when wearing clear aligners. This can be expected considering there are no brackets or wires and teeth will be experiencing less movement.
In a Nutshell	These are the most commonly used braces, usually constructed of high-grade stainless steel, and fitted to the front of the teeth.	Lingual braces are very similar to traditional metal braces with one key difference – they are fitted to the back of the teeth. They can address almost the same orthodontic concerns as traditional metal braces.	For this treatment you will receive a series of clear aligners that gradually straighten your teeth over a prescribed amount of time. Clear aligners are also completely removable, unlike the other two orthodontic systems.

# Which treatment is right for me?

The best way to find out which orthodontic treatment is the best fit for you is to come in for a consultation here at Ortho3. We'll take the time to listen to your needs and concerns, discuss the results you're hoping to achieve, and examine your teeth and facial structure to determine the best course of action for you. It is important to remember that some of the treatments discussed in this guide are not suitable for all cases, so the treatment we recommend for you will vary from person to person.

If you decided to proceed with the option identified as being best suited for you, we'll then need to take impressions, scans and photos of your mouth to allow us to plan out your treatment.

Once your orthodontic appliance has been fitted, you'll then need to attend regular appointments to check in on your progress. The timing of these will vary depending on your treatment; we'll be able to advise you of this at your consultation.

If you have any further questions about our adult orthodontic treatment options, or you would like to book a consultation, please contact Ortho3 today.



# Adult Orthodontics at Ortho3

With 20 years' experience as a specialist orthodontist, Dr Kerry Lester has a wealth of knowledge and expertise in the field of orthodontics. He is highly experienced with adult orthodontics, in fact Dr Lester's oldest patient to date has been nearly 70 years old. With the latest in dental technology available and a keen passion for what he does, Dr Lester provides optimum results for his patients.

During your first visit, your facial form, jaw and oral structures, tooth alignment, and bite relationship will be examined. Using this information, along with your own goals, a suitable treatment plan can begin to form. During this time, it's important to ask any questions you may have.

*"My goal is to provide you with personal treatment of the highest standard utilising modern equipment and superior materials."*

**- DR KERRY LESTER**



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