

Fixed braces

Some people call them 'train-tracks' but Orthodontists call them buccal braces. Metal braces are usually made from stainless steel. Ceramic or clear braces are made from a ceramic or crystalline material like sapphire, to make them look more discreet. Most teenagers opt for metal braces whilst adults prefer the more discreet ceramic option.



What are they?

They are braces that are attached to the front surface of the teeth. They are made up of brackets (normally square-shaped parts) that are individually attached to the enamel of the teeth using a dental glue or cement. A wire is then inserted into each bracket and tied in.



How about colours?

Choosing a colour is optional. Elastics that are used to tie the wire to the brackets are called modules. They come in different colours. The Orthodontist and the nurse will normally ask you to pick a colour at every visit. Coloured modules can really liven up the brace but more discreet silver ones are available for the less adventurous. Adult patients with ceramic brackets usually prefer clear modules.



How long does it take to place a brace?

It usually takes around 20-30 minutes to place the upper or lower braces. We usually don't place both in one visit to allow our patients to get used to them first.



Does it hurt to have braces placed?

It usually does not hurt to place the braces. Some pain or discomfort can occur later on and we will provide you with information on how to deal with it.



Fixed Braces - colours are optional



Does it get tightened?

The braces are adjusted at every visit. Sometimes the wires are changed and sometimes special elastics and springs are placed on the brace to move the teeth. This creates a sensation of the brace being tightened. However, the Orthodontist will normally make sure that the force applied is as light as possible to prevent damage.



How often do I need to come in?

Usually every six to eight weeks although sometimes every four weeks when spaces are being closed.



How are they cleaned?

We recommend a variety of brushes and gadgets to help clean the braces. See our leaflet on caring for your braces.



How are they removed?

They are easily removed using special instruments and the dental glue is then cleaned off the teeth.



How long will I have them?

The length of treatment varies from one patient to the next. The Orthodontist will discuss this with you before you start your treatment.



Advantages

A fixed brace is a versatile technique with a predictable outcome that is popular with younger patients and adults. It is easy to adjust and repair.



A versatile technique with predictable outcome