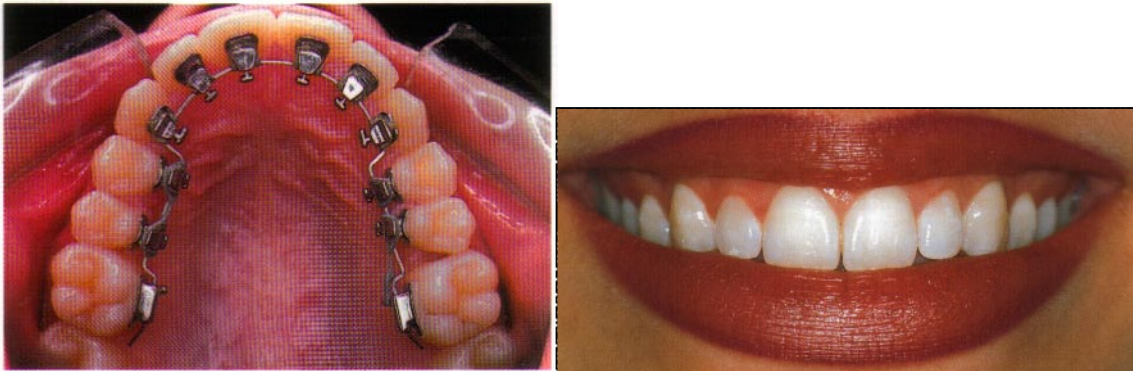


'Invisible' Lingual Orthodontics



THE APPLIANCE

Like the visible orthodontic technique, the appliance consists of brackets that are bonded to the enamel of the teeth and metal wires that are engaged in the bracket slot. The brackets allow the fixation of the wire to the teeth. The elasticity of the various alloys used for the wire fabrication together with the tension of the wire on malpositioned teeth creates the required force for tooth movement. The wire is maintained in the bracket slot by elastic or metal ties.

BRACKET BONDING

In order to achieve a perfect alignment of the teeth, the brackets have to be positioned at the same distance from the edge of each tooth, and the bracket slot has to be oriented according to the long axis of the tooth.

This very accurate positioning cannot be achieved directly because visibility and access are difficult on the lingual surfaces of the teeth. The brackets are first positioned in the laboratory on plaster models, and then transferred into the mouth by means of an elastomeric splint.

The so called indirect bonding technique allows the bonding of all the brackets in your mouth in a few minutes.

THE ADAPTATION PERIOD

The brackets that have been newly placed in the mouth require an adaptation period of 10 days. During this stage, the patient will experience:

- Irritation of the tongue, the tip of which unconsciously comes to rub against the brackets during the first days of treatment.
- Chewing difficulties when chewing hard food (only if the upper arch has braces), thus fish and vegetable are recommended at the beginning of treatment.
- Mild speech disorders: the brackets on the upper arch disturb the tongue rests on the teeth. S sounds and whistle more than usual during the first hours or even the first days of treatment.

However, this will never be so pronounced that people can no longer understand you. You might be more or less affected by this adaptation period, depending on your own sensitivity and on your motivation.

The different protection materials we provide and our availability to help you will minimize the discomfort during this period

THE MONTHLY APPOINTMENTS

There length varies depending on the difficulty of the orthodontic problem to solve, on the treatment stage you are in, and also depending on whether the appliance is in good shape or not. Generally, appointments are given for 15 to 60 minutes.

TREATMENT TIME

For your personal problem, a personalised treatment plan is needed, based on a comprehensive diagnosis including X rays, dental casts and photographs. In addition to braces, teeth extractions may be needed for your treatment, either in order to create space for crowded zones, or to allow for retraction of flared teeth.

Sometimes, stripping of the teeth in order to decrease their width can be used rather than extractions, and rubber bands sometimes need to be worn during treatment between the upper and lower jaw.

The average treatment time is approximately 24 months in cases where extractions are needed, and 12 to 15 months in cases without extractions.

STABILITY

Teeth are placed in a corridor between the tongue, the cheeks and the lips which have a permanent influence on the tooth position.

Teeth are set in the bone which can develop and thus modify the way it holds them down. No orthodontist can guarantee the stability of orthodontic treatment without a retainer.

We want the beauty of your smile to stay with you permanently and to this end; we bond very thin metal wires in the invisible side of your front teeth, immediately after removing the braces. These retention wires are almost unnoticeable, and you will soon forget about them.

