

Orthodontics (Braces)

Can adults wear braces?

Braces aren't just for teenagers. More and more adults are improving their smiles with orthodontics (braces). Some adults never received orthodontic treatment as children to correct problems such as crooked or crowded teeth and sometimes orthodontic work has relapsed and teeth have moved again. We can advise you if you could benefit from wearing braces.



Is orthodontic treatment different for adults?

Like children, adults can receive the same benefit of an improved smile and oral health by wearing braces. However, treatment may take longer. The average adult wears braces for 18 months to 3 years. After braces are removed, you may need to wear a retainer to maintain the results of your treatment.

What types of braces are there?

Metal braces or 'train tracks' are the most common, although clear ceramic brackets may be available. They are used for moderate to severe cases of crowding or crooked teeth.

Invisible braces are a series of clear, customized, removable appliances called aligners. The most commonly known type is called Invisalign. Each aligner is worn for about two weeks and are removed for eating and cleaning teeth. This may be an option for those with mild crowding or spacing problems.



Lingual braces are available which can be worn on the inside of the teeth so that they are 'invisible'



Invisalign aligners may be suitable for mild crowding or spacing

Where can I get treatment?

Adult orthodontics is available privately on referral to high quality local specialist practices. Please speak to us if you would like more information.