

# Braces AND YOU



## WHAT ARE BRACES?

Braces are dental appliances used to correct teeth which are misaligned, improve oral function and enhance your appearance of the smile.

## WHAT ARE THE BENEFITS OF BRACES?

By correcting the misaligned teeth, your chewing, speaking and biting abilities will be improved. With a more confident smile, braces can boost your self-esteem. Also with straighter teeth, it is easier to clean your teeth, thereby reducing risk of tooth decay and gum disease. You will have a better oral health. Braces also can improve sleep apnea conditions in some cases.

## HOW MANY TYPES OF BRACES ARE THERE?

There are essentially two types of braces. Fixed and removable braces. Fixed braces are bonded to your teeth. It is usually made of metal or ceramic for a more subtle appearance.

Removable braces are braces which are taken out of the mouth when you brush your teeth. They are often called clear aligners which consist of a series of plastic appliances to gently move the teeth over a period of time.

Your dentist will advise you on which type is most suited for you.

## WHAT AGE SHOULD BRACES BE STARTED?

Braces treatment should be started once the baby (milk) teeth are replaced by adult teeth. In some cases, it may even be earlier in order to make use of the growth of the child to help in correction of misalignment of teeth and jaws.

## WILL BRACES WORK FOR ADULTS?

Absolutely! As long as you have healthy gums and teeth, you are never too old for braces. It usually takes a little longer time to move the teeth in adults.

## HOW LONG WILL THE TREATMENT TAKE?

It depends on a number of factors such as the end outcome of the treatment planned, the complexity of your case. It is very important that you follow the instructions of your dentist. Together, the treatment journey can be very pleasant.

## HOW PAINFUL WILL THE BRACES BE?

There will be some discomfort in the beginning. You will eventually get used to it with time. Do let your dentist know of your prolonged discomfort so that he/she can tailor the adjustment accordingly.

## WHAT WILL BRACES COST AND WHO YOU SHOULD SEE?

The cost of braces will depend on a variety of factors, one of which is the difficulty of your case. Also, the type of braces you will be wearing can influence the cost of treatment. You are encouraged to visit your dentist who will assess if you are suitable for braces. Your dentist may refer you to see a Specialist with appropriate training and experience if your case is deemed to be too complex.



A public education message from the  
**SINGAPORE DENTAL ASSOCIATION**  
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