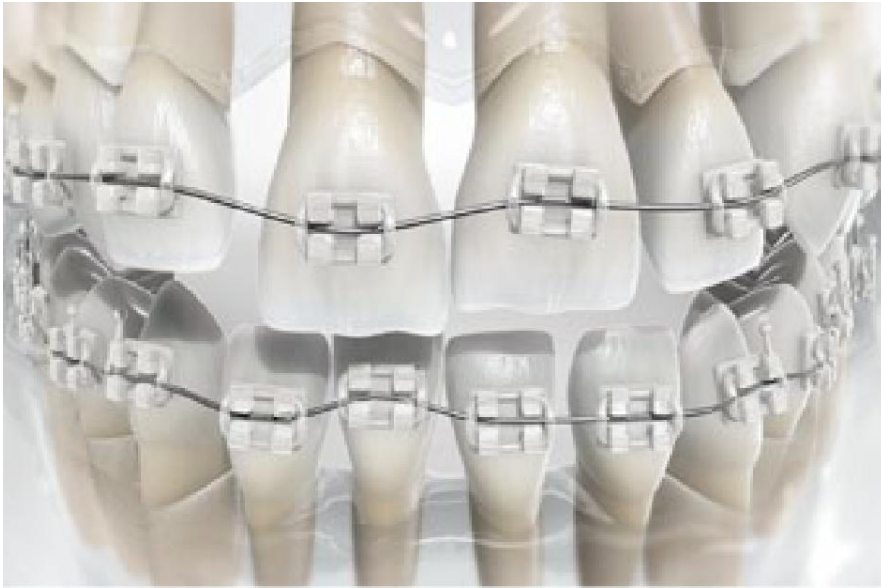




Invisible Braces



Overview

If you want a more beautiful smile but you don't like the look of traditional braces, invisible braces may be right for you. They straighten your teeth without being so noticeable. Here are a few options.

Ceramic braces

Ceramic braces, also called "clear" braces, use brackets that are the color of your teeth. They are cemented onto your teeth just like traditional braces. You'll still have a silver wire running across them, but overall these are much harder to see than metal braces.

Concealed braces

Concealed braces are another option. These are also called "lingual" braces or "hidden" braces. They're put behind your teeth, instead of on the front. They are often used on the upper teeth, but they can go on the lower ones too. They can take a little getting used to, because your tongue will touch them. But these braces are hidden from view.

Clear aligners

Clear aligners are another popular option. These aren't cemented to your teeth like other braces. Aligners are removable trays that are custom made to fit over your teeth. They put gentle pressure on your teeth, gradually moving them. You'll wear a series of aligners as your teeth move. Each aligner moves your teeth a bit closer to the final position. You can take your aligners out during mealtimes, when you brush and floss, and at times when they are inconvenient. So you'll need willpower to wear them consistently.

Conclusion

Invisible braces align your teeth without hiding your smile, but they aren't good for all dental issues. Talk to your dentist or orthodontist to see if invisible braces are right for you.