



20 Surprising Facts About Lingual Braces

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Is your smile affecting your confidence in public?
Lingual Braces could be the fast, effective and
life changing option for you.

Whether you have had braces in the past or not,
you can achieve the smile you want!

Lingual braces are a cosmetic teeth straighten-
ing option where the braces are placed behind
the teeth in order to move them efficiently,
where the experience is relatively pain free.

Our aim at Viva Dental Studio is to provide you
with a complimentary smile to your daily activi-
ties. You will see the unfolding of your teeth in a
magical and discrete way.



1. What are Lingual Braces?

Lingual means tongue. Lingual braces are fixed on the back of the teeth next to the tongue (lower teeth) or palate (upper teeth) without being seen, which is not the case with traditional braces.

They are used to straighten teeth and close gaps to name a few.



2. Who is suitable for Lingual Braces?

There is no age limit to wanting a straighter smile!



3. What do Lingual Braces look like?

The beauty is that no one can really see them when you smile. The best way to describe them is they are like traditional train tracks in reverse.

4. How do Lingual Braces work?

Moulds of your upper and lower teeth are taken. Then the customised metal brackets are bonded to the back of the teeth. A wire connects the brackets together and pressure is placed onto the teeth to help move them into their desired positions.

5. Is this a new treatment?

Lingual braces were first introduced in 1970s by a Korean martial arts expert Kinja Fujita.

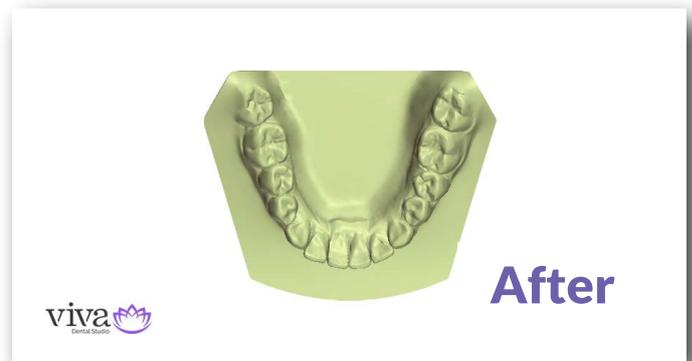
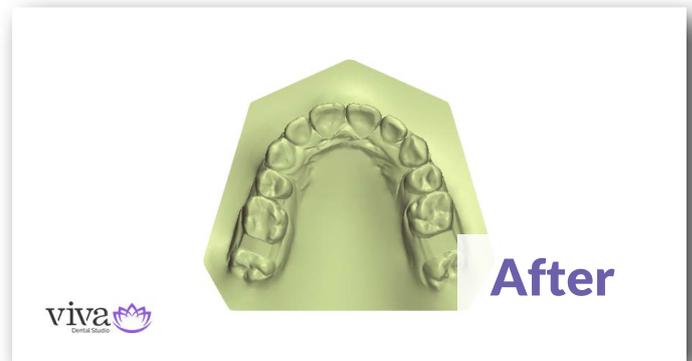
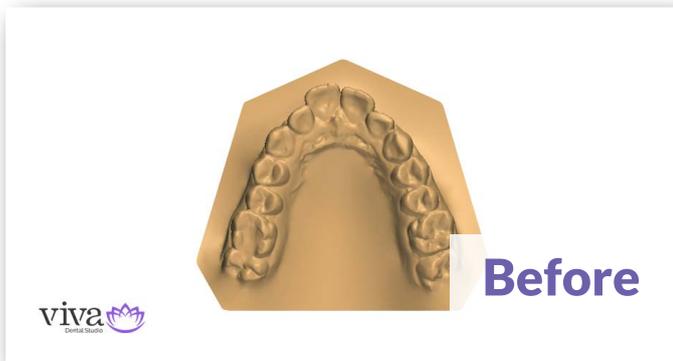
6. How do lingual braces differ to braces on the front?

Lingual braces are more invisible. They are not visible during general speaking and smiling.

7. What will my teeth look like at the end?

We can provide a before and after simulation of what the teeth could look like. This will be done before any lingual brace is fitted.

Lingual Braces:



8. What will I feel while wearing Lingual Braces?

Generally patients say they did not feel a thing. 1 in 20 individuals may need painkillers. The first 10 days are required to get used to the brace with regards to eating and cleaning. It is the same as wearing into your now favourite pair of shoes!

9. Will I be able to talk normally with Lingual Braces on?

Speech can be altered during the few weeks after brace placement, however this should reduce once you get familiar with the braces. The beauty is the fact no one can see them when you speak.

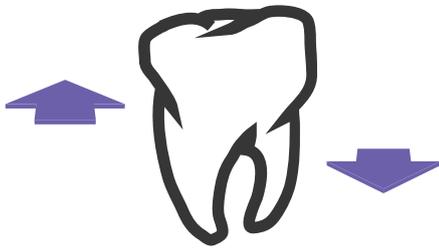


10. What will I feel during my Lingual Braces adjustment appointments?

You may feel some pressure during and after each dental visit when the braces are adjusted. This sensation should subside after a couple of days.

11. Which way can the teeth be moved with Lingual Braces?

The teeth can be moved:



Forwards and backwards



Up and down



Side to side

12. Are there any hidden extras?

Over the course of treatment, your orthodontist or dentist may ask you to wear elastics to aid in altering the position of the teeth. This is rare and only indicated for severely crowded cases.

13. Why do people have teeth taken out?

If you have severe crowding or need gross movements of teeth, then a more comprehensive approach to treatment is required.

This treatment takes approximately 2 years to complete.

14. Is comprehensive treatment better than cosmetically focused?

An individual with no biting, chewing or jaw problems can consider a cosmetically focused approach. Comprehensive treatment is ideal for individuals who wish to change their bite, experience chewing issues and/or jaw pain.

15. How will I clean the brace?

You will be provided a live demonstration on how to clean the braces when you have them fitted. At home, teeth should to be brushed twice daily and floss or interdental brushes should also be used to remove debris and plaque. To prevent gum inflammation and decay, regular visits to the dentist and hygienist will help to keep the gums and teeth healthy.



16. Will the teeth be affected?

Using a fluoridated mouthwash will aid in guarding the teeth against dental decay. Also, restrict sugars to meal times, reduce fizzy drinks intake and drink liquids through a straw.

17. Can I play sports with Lingual Braces?

Because there is no attachment to the front surface of the teeth, lingual braces are generally less dangerous than other forms of braces. You should still wear a mouthguard to protect the braces and teeth during sporting activities. Viva Dental Studio can provide customised mouthguards to suit your needs if required.



18. Are Lingual Braces the only option?

Viva Dental Studio caters for all of your personal needs. Lingual braces are just one option for a straighter and beautiful smile. We discuss more teeth straightening options at the Free consultation appointment so you can pick the best choice for you.

19. How is space created with accelerated Lingual Braces?

Accelerated or cosmetically focused lingual braces aims at changing the position of the teeth visible in your smile.

95% of cases do not require bite changes or any healthy teeth to be taken out, which could lead to extended treatment times.

Space is the key to straighten teeth. Lingual braces broaden the smile to create the straight teeth look.

Less than 0.3mm of enamel is polished in between the teeth creating more freedom for movement without the risks of caries and sensitivity.

There is in general 1.5-1.8mm of enamel surrounding the natural tooth.

Most individuals have naturally ground more than 0.5mm of enamel on the biting surfaces without any problems.

20. Lingual Braces after Care

There is a fixed retainer (thin wire that is fixed onto the back of the teeth) and a removable retainer (clear and rigid) worn at night, which will keep the teeth in the straight position.



Your Experience At Viva Dental Studio

At the Viva Dental Studio you will be provided with a bespoke service guaranteed to meet your individual needs. We will aim to improve your smile to achieve the result you love.



We provide an initial free consultation to discuss your specific needs where we will give you the treatment options for a smile that you desire. We will then carry out a more detailed full assessment and identify any underlying issues that may affect your result.

We provide bespoke treatment options to cater for all of your dental needs. The braces treatment is started as soon as possible and completed in a holistic nature. We ensure your whole face will be displaying the smile you love!

Get in touch now.

TO BOOK YOUR **FREE CONSULTATION**

 **01 708 446 447**

or

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