

# How to Prepare for Braces

Getting braces is a big step towards achieving a healthy, confident smile.



## Adults vs Children: Key Differences

### Adults:

- **Motivation:** Often focused on aesthetics and correcting long-standing issues.
- **Treatment Time:** Adult teeth may take longer to move due to denser bone structure.
- **Options:** Adults may opt for clear aligners (e.g., Invisalign) for a more discreet solution.
- **Lifestyle Considerations:** Adults may need to plan around work and social commitments.

### Children:

- **Growth Advantage:** Braces work alongside natural jaw growth for more efficient results.
- **Timing:** Early treatment (age 8-14) can correct issues before they worsen.
- **Parental Involvement:** Regular check-ins, guidance, and encouragement are key.
- **Options:** Traditional braces with colourful ligatures can make the process fun.

## The Consultation and Advice

Your journey begins with a professional consultation:

1. **Assessment:** A full examination of teeth, gums, and jaw structure, often including X-rays or 3D imaging.
2. **Treatment Plan:** Your orthodontist will outline options like traditional braces, ceramic braces, or the suitable Invisalign plans – Invisalign lite, Invisalign full, i7 or Teen options.
3. **Timeline:** Understanding how long the process may take.
4. **Cost and Care:** Discuss payment plans, maintenance expectations, and follow-up appointments.

**Tip:** Upload your photos of your teeth prior to the appointment to get more detailed information, additionally provide questions and concerns and describe your most ideal outcome.

## Potential Problems and Oral Health Considerations

Braces address issues like:

- **Oral Health:** Overcrowding, plaque buildup, cavities or gum disease.
- **Teeth Extraction:** Some extreme cases may require removing teeth to create space.

Addressing these problems improves overall dental health and prevents long-term complications.

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## Home Emergency Kit: Be Prepared

A braces emergency kit can help you manage minor issues at home:

- **Pain Relief:** Over-the-counter medication like ibuprofen or paracetamol.
- **Orthodontic Wax:** Protects your cheeks and lips from irritation caused by brackets or wires.
- **Mouthwash:** Helps keep your mouth clean and soothes soreness.
- **Floss Threaders:** Essential for cleaning around braces.
- **Small Mirror:** Useful for checking wires or stuck food.

**Tip:** Always contact your orthodontist for persistent issues or any discomfort.

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## Personalisation: Choose Your Style

Make the time to know your options and braces feel like *your* choice:

- **Ligatures:** Pick colours that reflect your personality or match a special occasion.
- **Brackets:** Options include metal, ceramic (tooth-coloured), or even clear.
- **Invisalign:** For those seeking a nearly invisible option, Invisalign offers custom-fit clear aligners.

Discuss these choices with your orthodontist during your consultation.

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## Maintenance Routine: Keeping Your Braces Clean

Proper care ensures effective treatment and keeps your teeth healthy:

- **Brushing:** Use a soft-bristle brush or electric toothbrush after every meal.
- **Flossing:** Use floss threaders or orthodontic floss to clean between teeth.
- **Rinsing:** An antibacterial mouthwash helps prevent gum inflammation.
- **Diet:** Avoid hard, sticky, or sugary foods that can damage braces.
- **Regular Appointments:** Choose a clinic that makes it easy to attend check-ups for adjustments and progress monitoring.

For **Invisalign** users:

- Remove aligners before eating or drinking (except water).
  - Clean aligners daily with a soft toothbrush and mild toothpaste.
  - Wear aligners for 20-22 hours per day for best results.
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## Your new smile starts at Whites Dental

Preparing for braces involves understanding the process, choosing the right options, and adopting a solid care routine. Whether it's traditional braces or Invisalign, the journey to a straighter smile is worth the effort.

- **London Waterloo:** 0208 616 0590 [Reception@whitesdental.co.uk](mailto:Reception@whitesdental.co.uk) 172 Blackfriars Rd., London, SE1 8ER
- **Marble Arch:** 0203 576 2325 [Reception.MA@whitesdental.co.uk](mailto:Reception.MA@whitesdental.co.uk) 52B Kendal St, St George's Fields, London W2 2BP