

# MODERN ORTHODONTICS

## YOUR GUIDE TO ADULT ORTHODONTICS

### What are your orthodontic options as an adult?

It really wasn't all that long ago when your orthodontic options were limited to traditional, chunky, metal braces. Thankfully, times have changed. Depending on your particular orthodontic and visual concerns, you can now select from a range of paths on your journey to a beautiful and healthy smile.

In this new era of orthodontics, many adults are now taking the opportunity to straighten their smile. And with good reason, braces are now widely accepted, lighter, and more discreet than ever before.

In addition to this, innovative aligner systems like Invisalign provide a removable, virtually invisible and almost completely pain-free solution to correct orthodontic concerns.



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**A HEALTHY SMILE IS THE CORNERSTONE OF POSITIVE HEALTH**

**IMPROVING PERSONAL SELF-ESTEEM AND CONFIDENCE**

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# REASONS FOR ADULTS TO CONSIDER STRAIGHTENING THEIR SMILE

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## A healthy smile is the cornerstone of positive health

A beautiful smile exudes happiness, confidence and is big contributor to success in every imaginable way. But aside from the aesthetic benefits, a healthy smile is the cornerstone of positive health and wellbeing.

A misaligned smile comes with a range of adverse health risks. Our mouths play an extremely yet often overlooked role in ensuring healthy digestion. For anyone suffering with a misaligned bite, healthy digestion, and subsequently overall health and wellbeing are often compromised.

The formula is simple: A healthy smile equals a healthy you. Correctly aligning your smile is one of the surest ways to ensure your health remains in tip-top condition.

## Improving personal self-esteem and confidence

In accordance with medical marketing guidelines, it cannot be guaranteed that confidence and self-esteem will be improved following orthodontic treatment. Having said this, a growing body of scientific study now highlights the strong correlation between the two.

In a recent study comparing personality traits of 100 patients before and after orthodontic treatment, a significant improvement in personality traits (openness, agreeableness, conscientiousness) was recorded.

**(Comparison of personality traits, attitude toward orthodontic treatment, and pain perception and experience before and after orthodontic treatment Elham S. Abu Alhajaa ; Mona A. Abu Nabaab ; Emad F. Al Maaitahc ; Mahmoud K. Al-Omaidid – <http://www.angle.org/doi/pdf/10.2319/121813-927.1> )**

## You can now straighten your smile virtually invisibly

For many adult patients, traditional metal braces just aren't an option. It's a bit superficial, but it is a reality. Certain work and social environments just don't cater to traditional metal braces.

The great news is modern orthodontic options allow adults to straighten their smile almost completely invisibly.

# WHAT ARE YOUR ORTHODONTIC OPTIONS?

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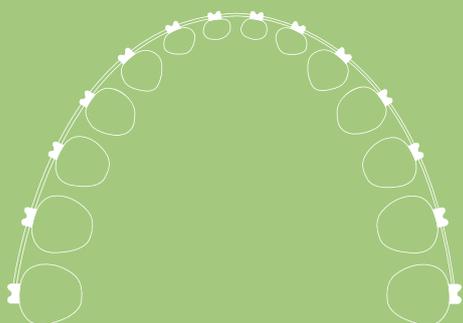
In the past few years, the number of adult orthodontic cases has dramatically increased. This can be largely attributed to improved technologies and a growing selection of discreet options.

Alas, with such a wide range of choice, it's often hard for adults to decide on a particular treatment. As no two smiles are exactly the same, no two treatment plans will be exactly the same, and for this reason, it's often hard to provide an exact price, treatment recommendation or treatment time.

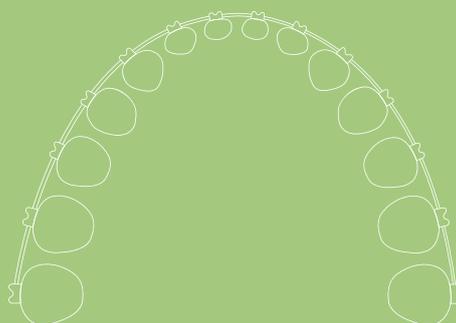
A consultation with an orthodontist will provide you with an answer to these questions.

**For any adults in the early stages of considering an orthodontic treatment, we've broken down the popular options to give you a rough idea of which treatment might suit your budget, orthodontic concerns, and desired outcome.**

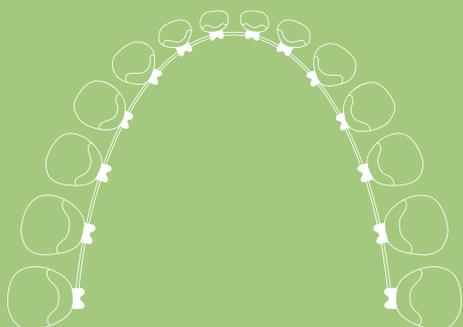
Again, this guide is only intended to give you a rough idea. Prices, treatment times, and all other considerations will depend largely on your particular orthodontic concerns.



**METAL BRACES**



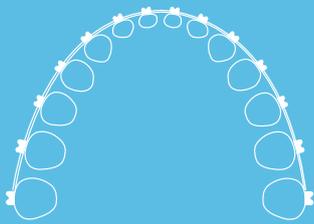
**CERAMIC BRACES**



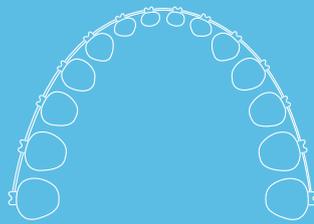
**LINGUAL BRACES**



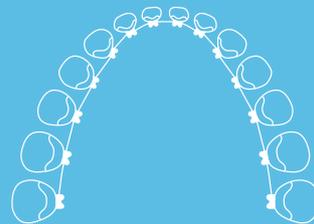
**INVISALIGN**



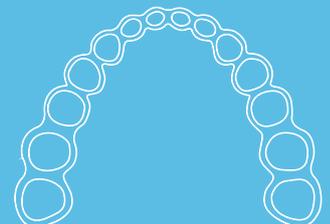
METAL BRACES



CERAMIC BRACES



LINGUAL BRACES



INVISALIGN



5 STAR: EXCELLENT



4 STAR: GOOD



3 STAR: FAIR



2 STAR: POOR



1 STAR: BAD

TREATMENT CASES

Metal braces are the most comprehensive of orthodontic treatments. They can generally address the full range of orthodontic concerns.



In terms of effectiveness and treatable cases, there is really no difference between clear ceramic and traditional metal braces.



Lingual braces, also known as invisible braces, are attached to the inside surfaces of the teeth. They are practically invisible from the outside and function similarly to traditional metal braces.



Without going into too much detail, Invisalign may not be suitable for certain types of tooth movement, however this can be overcome by combining with partial traditional or lingual braces. In certain situations, Invisalign can actually be the ideal option for your smile.



COST

Note: It's really difficult to give an exact price for treatment without a proper consultation. The rating below is intended to be a guideline only



VISIBILITY

While traditional metal braces are far less chunky and obvious than they once were, they are still the most visible of all orthodontic options.



Clear ceramic braces are less visible on the front of their teeth, though the clear colour make them more discreet than traditional metal braces. Now, we are able to camouflage them even more by using "white" archwires.



Lingual braces are practically invisible from view. Many people will go through their entire treatment without a single person ever noticing.



Having no metal brackets or wires, the invisalign system is virtually invisible. In addition to this, while it is recommended the aligners remain on your teeth for the majority of time, they are removable for eating, cleaning and special occasions.



COMFORT

Metal braces will cause some discomfort. Just remember, hundreds and thousands of kids' and adults have gone through the process so it can't be that bad.



Very similar to traditional metal braces.



Being on the back of the teeth may cause some discomfort. Having said this, the mouth is very adaptable and gets used to the braces in the same time as conventional braces. There is no irritation to the cheeks or lips.



Most people report very little or no discomfort at all when wearing invisalign. This can be expected considering there are no brackets or wires and teeth will be experiencing less movement.



IN A NUTSHELL

These are the most commonly used braces, usually constructed of high-grade stainless steel, and fitted to the front of the teeth.

Very similar to traditional metal braces, but made of a clear ceramic material. Simply Orthodontics use ceramic braces that do not stain, while remaining far less visible than traditional braces.

Lingual braces are very similar to traditional metal braces with one key difference – they are fitted to the back of the teeth. They can address almost the same orthodontic concerns as traditional metal braces.

Invisalign invisible aligners are a series of clear aligners that gradually straighten your teeth over a prescribed amount of time. Invisalign is also completely removable, unlike the other three orthodontic systems.

# A LITTLE MORE INFORMATION ABOUT EACH ORTHODONTIC OPTION

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## Metal Braces

Metal braces are the most commonly used orthodontic treatment, able to address the overall function of your smile. While conventional braces are the most visible of braces treatments, they have certainly come a long way over the years, and are now lighter and more efficient than ever before.

## Ceramic Braces

For anyone seeking a more discreet braces option, ceramic or cosmetic tooth-coloured braces are a great option. Ceramic braces can address the same functional concerns as traditional braces. While they are not invisible, attached to the front of the teeth, they are more discreet than traditional metal braces.

## Lingual Braces

The science behind traditional metal braces is nothing short of amazing. They can address almost the same concerns as traditional or ceramic braces, but they are attached to the back of your teeth. Many people undergo lingual braces without anyone ever noticing.

## Invisalign

Invisalign treatment uses a series of custom-made removable aligners with unique SmartForce technology that gradually moves your teeth to the ideal position. It's a virtually invisible, innovative approach to straightening your smile.



# OUR TECHNOLOGY

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## Self-ligating technology

At Modern Orthodontics, our metal, clear and lingual braces treatments all use self-ligating technology. Self-Ligating braces eliminate the need for elastic or metal ties, and instead use a permanently installed moveable component to entrap the wire.

Self-ligating braces present a range of benefits over traditional braces systems, benefits from appearance, feel and function, to maintenance and treatment time.

If you'd like to learn more about our self-ligating braces technology, please don't hesitate to contact our practice.

## Acceleident<sup>®</sup> Melbourne

In addition to the range of orthodontic options we offer at Modern Orthodontics, we are proud to provide our patients access to the revolutionary Acceleident<sup>®</sup> treatment.

### What is Acceleident<sup>®</sup>?

Acceleident<sup>®</sup> is a clinically proven, state-of-the-art technology, used to reduce orthodontic treatment time.

### How does Acceleident<sup>®</sup> work?

Through the use of gentle micropulses, called SoftPulse Technology<sup>®</sup>, bone remodelling is accelerated, allowing teeth to move up to 50% faster. This is an innovative treatment which we are proud to offer our patients at Modern Orthodontics.

It is used for 20 minutes daily at home during your treatment.

### Why do patients choose Acceleident<sup>®</sup>?

Many of our patients would like to straighten their teeth; however, they do not want to experience a lengthy treatment time. Acceleident<sup>®</sup> can be a great solution for these patients. Acceleident<sup>®</sup> has been known to cut a patient's treatment time in half. Some patients then only need braces for as little as six to eight months.

For interested patients, we can discuss combining Acceleident<sup>®</sup> with your orthodontic treatment during your consultation.



# MODERN ORTHODONTICS

The team at Modern Orthodontics are excited to offer the full range of orthodontic treatments to patients living in Melbourne from our two convenient Preston and Mount Waverley locations.

WE PROVIDE A COMPLETELY  
FREE INITIAL CONSULTATION

[\*\*CLICK HERE TO BOOK YOUR CONSULTATION\*\*](#)

During your initial consultation, our orthodontists will assess your teeth to determine which treatment would best suit your particular orthodontic concerns. During consultation we can also provide you with expected costs and treatment times.

If you'd like to make an appointment or book a free consultation, please don't hesitate to get in contact with us.

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