

An Overview of Braces and Its Types

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Description

Braces are orthodontic appliances that are used to straighten teeth, correct misaligned bites, and improve overall dental health. Braces are made of various materials, including metal, ceramic, and plastic, and are usually worn for a period of one to three years, depending on the severity of the dental problem. Braces have been used for over a century and have evolved significantly in terms of design and materials used. In this article, we will discuss the different types of braces, their benefits, risks, and the process of getting braces. There are several types of braces, and the choice of the type depends on the patient's dental condition, preferences, and budget.

The Most Common types of Braces are

Metal braces: These are the most traditional and widely used braces. They are made of high-grade stainless steel and have metal brackets and wires that are attached to the teeth. Metal braces are durable, efficient, and affordable. They can correct a wide range of dental problems, including severe malocclusion, overcrowding, and gaps between teeth. However, metal braces are conspicuous and can cause discomfort, especially during the initial stages of treatment.

Ceramic braces: These are similar to metal braces, but the brackets are made of clear or tooth-colored ceramic material, making them less noticeable than metal braces. Ceramic braces are an excellent choice for patients who are conscious about their appearance but still want to undergo orthodontic treatment. However, ceramic braces are more fragile than metal braces and can break easily, increasing the treatment time and cost.

Lingual braces: These are metal braces that are attached to the back of the teeth, making them invisible from the front. Lingual

braces are an excellent option for patients who want to avoid the appearance of braces, but they are more challenging to clean and adjust than traditional braces. Lingual braces are also more expensive than traditional braces.

Clear aligners: These are a series of clear, removable, plastic trays that are custom-made to fit over the teeth. Clear aligners are an excellent choice for patients who want a more discreet and comfortable option than traditional braces. Clear aligners are virtually invisible, easy to clean, and can be removed for eating and brushing. However, clear aligners are only suitable for mild to moderate orthodontic problems and can be more expensive than traditional braces. Braces can correct misaligned bites, overcrowding, and gaps between teeth, reducing the risk of dental problems such as cavities, gum disease, and tooth loss. Braces can straighten crooked teeth, improving the appearance of the smile and boosting self-confidence. Misaligned teeth can affect speech, making it difficult to pronounce certain sounds. Braces can improve speech by aligning the teeth and correcting the bite. Chewing food properly is essential for good digestion, and misaligned teeth can make it difficult to chew food effectively. Braces can correct the bite, improving digestion and overall health. While braces offer several benefits, they also come with some risks and potential complications, like Braces can cause discomfort, especially during the initial stages of treatment. Patients may experience soreness, tenderness, and mild pain in the teeth, gums, and jaw. It can make it difficult to clean the teeth and gums properly, increasing the risk of dental problems such as cavities, gum disease, and bad breath. Patients need to maintain proper oral hygiene by brushing and flossing regularly and using mouthwash.