

## Advances in Braces and Orthodontics

Over the last fifteen years, the number of adults with braces has doubled. Adults demand shorter treatment times as well as aesthetically attractive braces, and new advances in technology have made braces an option for busy professionals who may have avoided treatment in the past.

The newer metal alloys borrowed from space technology have brought metal braces into the modern era. While metal braces are still a good choice for many, the large "metal mouth" brackets have been replaced with much smaller brackets, which are much more comfortable and easier to keep clean. Treatment times that used to take up to two years are now up to 50% faster. Some of the newest high-tech metal wires are even activated by the heat in your mouth.

Clear, tooth colored plastic braces of only ten years ago would take on the stain from tomato sauce and coffee, and they were also large and commonly cut into gums. New technology and materials have made clear braces pure and non-reactive, making them impermeable to staining, and they're much smaller than the old style and much more comfortable.

One of the most popular new advances for simple cases of teeth alignment is Invisalign. These liner trays are virtually invisible, made from clear plastic that fits over teeth. No brackets or wires involved. Every two weeks, you'll insert a new aligner, which gently shifts teeth into place. While not ideal for more complicated cases, Invisalign was designed for adults when simple straightening is desired. While they may take longer to get the desired results, they aren't permanently attached to the teeth, so for an important event, you can pop them out, though it's recommended they're worn 20 to 22 hours a day for best results.

An increase in the number of adult patients seeking orthodontic treatment and the need for a timely efficient care will continue to drive technology in dental care. If you've put off orthodontic care, talk to your dentist about new treatment options.

### Advances in Braces and Orthodontics

Over the last fifteen years, the number of adults with braces has doubled. Adults demand shorter treatment times as well as aesthetically attractive braces, and new advances in technology have made braces an option for busy professionals who may have avoided treatment in the past.

The newer metal alloys borrowed from space technology have brought metal braces into the modern era. While metal braces are still a good choice for many, the large "metal mouth" brackets have been replaced with much smaller brackets, which are much more comfortable and easier to keep clean. Treatment times that used to take up to two years are now up to 50% faster. Some of the newest high-tech metal wires are even activated by the heat in your mouth.

Clear, tooth colored plastic braces of only ten years ago would take on the stain from tomato sauce and coffee, and they were also large and commonly cut into gums. New technology and materials have made clear braces pure and non-reactive, making them impermeable to staining, and they're much smaller than the old style and much more comfortable.

One of the most popular new advances for simple cases of teeth alignment is Invisalign. These liner trays are virtually invisible, made from clear plastic that fits over teeth. No brackets or wires involved. Every two weeks, you'll insert a new aligner, which gently shifts teeth into place. While not ideal for more complicated cases, Invisalign was designed for adults when simple straightening is desired. While they may take longer to get the desired results, they aren't permanently attached to the teeth, so for an important event, you can pop them out, though it's recommended they're worn 20 to 22 hours a day for best results.

An increase in the number of adult patients seeking orthodontic treatment and the need for a timely efficient care will continue to drive technology in dental care. If you've put off orthodontic care, talk to your dentist about new treatment options.