

# Braces Make You Beautiful



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## What Are Braces?

Braces are devices which gently correct irregularities in the arrangement of your teeth. They are also called orthodontic appliances.

## What Can Braces Do For Me?

Braces can do wonders for your self-confidence and self-esteem. By “straightening” your teeth it helps to improve your smile and makes you feel good about yourself and your appearance. There will also be an overall improvement in your dental health as it will be easier to brush teeth that are well-aligned rather than those which are “crooked” and crowded together.

## How Many Types Of Braces Are There?

Basically there are two types, namely, fixed braces and removable braces. The most common type of fixed braces are made of metal. There are also tooth-coloured (ceramic or plastic) braces.

Removable braces are braces which are taken out of the mouth when you brush your teeth. They are cheaper but may not be suitable for all cases.

You will be advised as to which type is best for you.

## When Should I Start Wearing Braces?

Generally, in children, orthodontic treatment is started when all the “milk” teeth have been replaced by the permanent ones. However, in some special cases, it may be very important for treatment to be started earlier to prevent complications from developing later and to take advantage of the growth of the face.

## I Am An Adult, Will Braces Still Work For Me?

Yes, it certainly will. You are never too old for braces! However, because the bone structure is more dense in adults, treatment time may be a little longer.

## How Long Will The Treatment Take?

The length of time will depend on a number of factors, one of which would be the difficulty of your case. For treatment to be completed successfully and in the shortest possible time, it is important that you follow your doctor's instructions faithfully and conscientiously.

## Will There Be A Lot Of Discomfort When I Am Wearing Braces?

Initially there may be some discomfort. However, your lips, cheeks and tongue will soon get used to them and you might even miss them when they are finally removed!

## Will I Be Able To Brush My Teeth When I Am Wearing Braces?

Yes, of course! It is very important that you brush thoroughly so that you do not develop gum problems and cavities in your teeth.

## What Will Braces Cost?

The cost of braces will depend on a variety of factors, one of which is the difficulty of your case. Also, the type of braces you will be wearing can influence the cost of treatment.

## Where Can I Get More Information On Braces?

Ask your dentist.

Your dentist
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# 矫治器使你容光焕发



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## 什么是矫治器?

矫治器是一种装置，轻缓的把错位的牙齿矫正过来。

## 矫治器有何作用?

矫治器能大大加强你的自信心和自尊心。它矫正了你的牙齿，从而改善你的笑容并使你对新容貌感到高兴。同时牙齿的整体健康也会得到改善，因为错位牙被矫正过来后更容易洗刷清洁。

## 矫治器有几类?

基本上有两类，固定矫治器和活动矫治器。最普通的矫治器是用金属作的，但也有用陶瓷（牙色塑料作的）。活动矫治器在你刷牙时可以取出来。它们是比较便宜但不一定适用于所有的情况。牙医会向你建议最适用的一种。

## 何时开始戴矫治器?

一般来说，矫治开始于孩童所有的乳牙更换成恒牙时。可是在某些特殊的情况下，趁面部正在发育时及早矫治是很重要的。这样可以防止将来的复杂情况发生。

## 矫治器对成人适用吗?

是的，当然适用。矫治不限于年龄。但是，因为成人骨骼的构造比较坚实，矫治时间也较长。

## 矫治时间多久?

矫治时间的长短决定于很多因素。其中之一是牙齿错位的程度。为了能在最短的时间内顺利完成矫治，你必须切实认真的遵照医生的指示。

## 戴矫治是否会很不舒服?

起初会有些不舒服。之后，你的唇，颊和舌很快就会适应它。矫治终止后你不再戴它反而会不习惯。

## 戴矫治器是否会妨碍刷牙?

当然不会。你要更加刷得清洁以防止牙龈病和蛀牙的发生。

## 矫治器的费用多少?

矫治器的费用是依情况而异如矫治的难度和矫治器的种类。

## 我如何获得更多有关矫治器的详情?

请向你的医生请教吧!

Your dentist



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