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Whether the requirement is to make your teeth perfect, there are various kinds of treatments available that can strengthen your teeth including braces, retainers along with many others. An orthodontist can provide you the consultation and treatment for your teeth according to your special needs and requirements. They can ask you queries about your health, take pictures of your teeth and face, gather impressions of your teeth, conduct a clinical exam as well as order X-rays of your head and mouth. After checking all these things and gathering all the information, an orthodontist can make the appropriate treatment plan for your teeth

There are varieties of braces available in the market but your orthodontist will prescribe that which one is best suited for you according to your specific needs. It may consist of wires, bands and other fixed or removable corrective appliances. Usually, there are three kinds of braces as follows:

Traditional bands: As the name suggests, it has been using for the start but now it has been outdated and not used by anyone else frequently. It consists of the use of metal brackets soldered to metal bands that wrap around each tooth.

Brackets: They are made up of clear or tooth colored ceramic or plastic or stainless steel. Brackets are bonded to the front of each tooth. Plastic brackets or ceramic are usually selected for cosmetics reason. There may be possibility that plastic brackets may become discolored or stained by the end of treatment. These brackets can cause more friction between the brackets and wire, which can increase time of the treatment. This is the disadvantage of plastic or ceramic brackets.

Lingual-type brackets: These brackets are attached to the back of teeth, which hide the bracket from view.

Now, mini-braces have become much popular due to their smaller size in comparison to the conventional braces. These mini braces may also be a viable option for you as per your requirements. Your orthodontist can recommend one of the best braces among wide ranges of braces that are best suited for your custom needs and requirements.  You never avoid your Orthodontist recommendation under any circumstances because no one can tell you about your teethâ€™s problems than them. Hence, you must consult to him in case of any kinds of problem as far as teeth are concerned. If you have any kinds of confusion about the treatment, you need not to be worried. In this Internet Era, there are many sites where you can get detailed information about braces.

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