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Are you hesitant to smile because of the alignment of your teeth? Are you conscious about what others think when you donâ€™t smile at them for the same reason just cited? You may need braces.

The ancients recognized that misaligned teeth are problematic. Archaeologists discovered mummies with teeth individually wrapped in crude metal bands. Wrap-around braces evolved over the centuries as solutions to misaligned teeth until the ligature wire and direct bonding were invented in the 1970s. Innovations on braces, such as self-ligation, mouthguards, and lingual braces, were invented since then.

The idea of metal devices attached to your teeth may be scary. You can feel the individual brackets and the ligature wire against the inside of your lips. Donâ€™t worry; the procedure to attach braces to your teeth is not as painful as it may look. Once you remove your braces and see your well-aligned teeth, youâ€™ll be thankful you used them.

The dentist will check your teeth first to see if youâ€™re a candidate for braces. If you are, the dentist will ask you to bite dental molding clay. The dentist makes impressions for your upper teeth, lower teeth, or both, depending on your need. The dentist uses these impressions to determine how your braces will be installed.

The dentist cleans your teeth and attaches individual brackets to them with the help of a dental bonding agent. The ligature wire is then carefully inserted into the brackets. To hold the wire in place, the dentist uses elastic bands, which may be colored. The ligature wire is gently tightened to gradually pull the teeth to their proper alignment. That, in a nutshell, is how the best braces dentists NY use are installed.

Today, Invisalign braces are gaining popularity as alternatives to metal braces. Some of the best braces dentists White Plains NY prescribe are created with Invisalign technology. Invisalign braces are plastic and transparent versions of your teeth called aligners. Similar to the procedure for metal braces, once the dentist determines that you are a candidate for Invisalign, the dentist takes impressions of your teeth. Invisalign uses computers to accurately recreate your teeth.

If you use metal braces, chances are, you have the same set of braces throughout the time you wear them. The Invisalign treatment involves several stages, with custom-made aligners for each stage. The stage per Invisalign treatment usually lasts about two weeks. It is highly recommended that you have your progress monitored every six weeks by your dentist. If you want to know more about Invisalign, which is among the best braces dentists Yonkers has use, you can read invisalign.com/Pages/default.aspx.

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