



Get the amazing smile you've always wanted! No longer do you have to endure the inconvenience, embarrassment, and appearance of crooked teeth. There are a variety of options that are designed to meet your physical and lifestyle needs.



Before Braces



During Braces



After Braces

## Option 1: Traditional Braces

Traditional braces are metal brackets that are placed on your teeth, connected by a metal wire. Every 4-6 weeks they need to be tightened to allow for the increased pressure to straighten the teeth. These braces are not removable and can take some getting used to against your lips, cheeks, and tongue. Due to the nature of these braces, they are more predictable and allow for more control over the movement of your teeth.

## Option 2: Invisalign / Clear Aligners

Clear aligners, such as Invisalign, are thin trays made to fit around your teeth. While they are removable, they still use pressure to align the teeth. Every week a new tray is placed to accommodate the movement of your teeth. With aligners, it is easier to brush and floss than with traditional braces. Aligners are often favoured due to their invisible nature.



Before Clear Aligners



After Clear Aligners



## Option 3: Retainers

Retainers will hold your teeth in their current position and keep them from further shifting, should you decide not to move forward with treatment right away. Without a retainer, your teeth may continue to shift which could add more treatment time down the road.