Orthodontics Australia

by the Australian Society of Orthodontists

Comparing your treatment options

	Metal Braces	Ceramic Braces	Lingual Braces	Clear Aligners
Compliance	Fixed appliance – Easy to comply with treatment needs	Fixed appliance – Easy to comply with treatment needs	Fixed appliance – Easy to comply with treatment needs	Removable appliance – Must be worn for 20- 22 hours a day to be effective
Food restrictions	Some foods should be avoided (hard nuts, toffee, etc) to protect the wires and brackets and make cleaning easier.	Some foods should be avoided (hard nuts, toffee, etc). Some foods/drinks may cause staining, such as turmeric or coffee.	Some foods should be avoided (hard nuts, toffee, etc) to protect the wires and brackets and make cleaning easier.	Aligners should be removed when eating and drinking (excluding water), so most foods are safe. Some foods/drinks may cause staining, such as turmeric.
Complexity of treatments	All types of bite and eruption/ rotation corrections can be achieved	All malocclusions – Limited to very complex treatments available	Most malocclusions – Limited to very complex treatments available	Some limitations – Limited treatments available
Appearance	Visible, with optional coloured bands	Clear or tooth-coloured for a subtle appearance	Placed along the inside of the teeth, virtually invisible	Clear plastic – practically invisible when properly cared for
Attachments	Elastics may be used to aid movements	Elastics may be used to aid movements	Elastics may be used to aid movements	Some attachments may be added throughout treatment
Monitoring	Regular adjustments with an orthodontist	Regular adjustments with an orthodontist	Regular adjustments with an orthodontist	Regular adjustments with an orthodontist
Suitable for	All ages	All ages	All ages	All ages
Cost*	$ - $$	$$	$$$	$ - $$

*Note: Actual costs vary depending on a number of factors including the complexity of the treatment, duration / length of treatment and ability to comply with recommendations from your orthodontist. Orthodontics Australia recommends that you always consult a specialist orthodontist before commencing with any form of orthodontic treatment.