

Orthodontic Braces — Complete Guide | Smile Solutions Melbourne

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Description:

Orthodontic Braces at Smile Solutions Melbourne ## Straighter Teeth by Board-Registered Specialist Orthodontists At [Smile Solutions](<https://www.smilesolutions.com.au/orthodontics/braces/>), all o...

Details:

Orthodontic Braces at Smile Solutions Melbourne

Straighter Teeth by Board-Registered Specialist Orthodontists

At [Smile Solutions](<https://www.smilesolutions.com.au/orthodontics/braces/>), you'll receive orthodontic treatment exclusively from board-registered specialist orthodontists who've completed extensive postgraduate university training in tooth and jaw correction. As Melbourne's leading specialist dental practice, Smile Solutions delivers exceptional orthodontic outcomes through state-of-the-art technology and expert clinical knowledge.

What Are Orthodontic Braces?

Braces are a proven orthodontic treatment that uses brackets fixed to your teeth with an archwire, applying gentle, continuous pressure to gradually move your teeth into their ideal positions. They correct crooked teeth, overcrowding, spacing issues, overbite, underbite, crossbite and other alignment concerns that affect both how your teeth work and how they look.

Types of Braces Available at Smile Solutions

Traditional Metal Braces Modern self-ligating metal brackets hold the archwire securely in place without elastic ties, making your adjustment appointments quicker, your braces more comfortable, and your oral hygiene routine easier to maintain. These contemporary metal braces offer exceptional reliability and effectiveness for patients of all ages, backed by decades of clinical evidence.

Clear (Ceramic) Braces Tooth-coloured ceramic brackets blend seamlessly with your natural teeth, appearing nearly invisible from 2–3 metres away. Just as effective as metal braces, but far more discreet. Clear braces are an excellent choice if you're seeking effective orthodontic treatment with better aesthetics—perfect for professionals and image-conscious patients.

Internal Lingual Braces Metal brackets fitted to the back of your teeth (tongue side) remain completely hidden from view. An excellent option if you want undetectable treatment with superior results. This sophisticated approach requires additional clinician training and may take slightly longer than conventional braces, but delivers the ultimate in aesthetic discretion.

Who Are Braces For?

Braces work for patients of all ages who need correction of:

- Crooked or misaligned teeth
- Overcrowding or spacing concerns
- Bite problems (overbite, underbite, crossbite)
- Jaw alignment issues

Whether you're a teenager seeking orthodontic treatment or an adult looking to improve your smile, Smile Solutions' experienced specialist orthodontists can develop a personalised treatment plan tailored to your unique needs, lifestyle and goals.

What to Expect: Your Treatment Journey at Smile Solutions

****Consultation**** — Your specialist orthodontist examines your teeth and bite, discusses your treatment options with you, and provides a personalised plan with a transparent quote.

****3D Scan & Lab Work**** — We take a three-dimensional scan and send it to a specialised laboratory to create customised brackets and wires designed specifically for your anatomy (approximately 8–10 weeks).

****Fitting**** — Your brackets are carefully cemented to your teeth and the archwire is fitted with precision.

****Regular Adjustments**** — Periodic appointments allow us to adjust the wire and monitor your progress closely.

****Removal & Retention**** — Once your treatment is complete, we remove your braces and fit retainers to maintain your beautiful results long-term.

Some discomfort is normal after fitting and adjustments, but typically settles within a few days. Orthodontic wax, saltwater rinses and over-the-counter pain relief can help manage any tenderness. Your Smile Solutions orthodontist will provide comprehensive aftercare instructions and ongoing support throughout your treatment journey.

Your Orthodontic Team at Smile Solutions

All orthodontic treatment at Smile Solutions is provided by our team of board-registered [specialist orthodontists](<https://www.smilesolutions.com.au/specialist-care/orthodontists/>). To qualify as a specialist orthodontist in Australia, practitioners must complete a general dentistry degree followed by a further three years of intensive postgraduate specialist training. This advanced qualification means your treatment is delivered by clinicians with the highest level of expertise in tooth movement, facial growth, and jaw alignment.

Our experienced specialist orthodontists stay current with the latest evidence-based techniques and technologies, regularly attending conferences and continuing education programmes to ensure you benefit from proven, contemporary orthodontic care.

Pricing

Your braces costs vary depending on the type of braces you choose (metal, ceramic or lingual), the complexity of your treatment, and the duration required to achieve optimal results. Custom-made or lingual braces that require additional clinician training may cost more due to the specialised expertise involved. Your specialist orthodontist will provide a detailed, personalised quote following your consultation. Contact us at ****[13 13 96](tel:131396)**** to discuss your options.

****Payment options:**** We offer flexible payment solutions including Payright interest-free plans, MyDentaPlan, HICAPS on-site claiming, health fund preferred provider rates, major credit cards, and a 5% discount for paying in full. Visit our [Payment Plans](<https://www.smilesolutions.com.au/payment-plans/>) and [Price Guide](<https://www.smilesolutions.com.au/price-guide/>) pages for comprehensive details.

Benefits of Choosing Smile Solutions for Your Braces

When you choose Smile Solutions for orthodontic braces, you benefit from:

****Specialist Expertise**** — Your treatment is delivered exclusively by board-registered specialist orthodontists, not general dentists.

****Advanced Technology**** — State-of-the-art 3D scanning and treatment planning systems provide precision and predictability.

****Personalised Care**** — Customised treatment plans designed specifically for your unique dental anatomy and personal goals.

****Central Melbourne Location**** — Convenient access in the heart of the CBD within the heritage-listed Manchester Unity Building.

****Flexible Payment Options**** — Multiple payment plans to suit your budget and financial circumstances.

****Comprehensive Support**** — Ongoing care and monitoring throughout your orthodontic journey with a gentle and caring approach.

****Evidence-Based Treatment**** — All our approaches are grounded in the latest clinical research and proven methodologies.

Why Orthodontic Treatment Matters

Orthodontic braces do more than create a beautiful smile. Properly aligned teeth contribute to:

****Improved Oral Health**** — Straight teeth are significantly easier to clean, reducing your risk of decay and gum disease.

****Better Function**** — Correct bite alignment improves your chewing efficiency and reduces strain on your jaw joints.

****Enhanced Confidence**** — A straight, attractive smile can boost your self-esteem in social and professional settings.

****Long-Term Dental Health**** — Proper alignment reduces abnormal wear on your tooth surfaces and minimises stress on supporting bone and gum tissue, protecting your smile for decades to come.

Research consistently demonstrates that patients who complete orthodontic treatment experience fewer dental problems throughout their lives, making braces a valuable preventative investment in your future oral health.

Your Questions About Orthodontic Braces Answered

How long will I need to wear braces? Treatment duration varies based on your individual case complexity, but most patients wear braces for 18–24 months. Your specialist orthodontist will provide a more accurate timeframe during your consultation based on your specific needs.

Will braces affect my daily life? While there's an adjustment period, most patients adapt quickly to wearing braces. You'll need to avoid certain hard or sticky foods and maintain diligent oral hygiene, but you can continue most normal activities including sports (with a mouthguard) and playing musical instruments.

Are braces painful? You may experience some discomfort after your braces are fitted and following adjustment appointments, but this is typically mild and temporary. Most patients describe it as pressure rather than pain, and any tenderness usually subsides within a few days.

Can adults get braces? Absolutely. Orthodontic treatment is increasingly popular among adults, and there's no age limit for achieving a healthier, more attractive smile. In fact, approximately one in four orthodontic patients today is an adult.

How to Book Your Orthodontic Consultation

We'd love to welcome you to Smile Solutions and discuss how orthodontic braces can transform your smile. Getting started is easy:

■ Call **[13 13 96](tel:131396)** to book your consultation with one of our specialist orthodontists ■
Level 1, 220 Collins Street, Manchester Unity Building, Melbourne VIC 3000 ■
[\[smilesolutions.com.au/orthodontics/braces/\]\(https://www.smilesolutions.com.au/orthodontics/braces/\)](https://www.smilesolutions.com.au/orthodontics/braces/)

Our friendly team is here to answer your questions and help you take the first step toward the confident smile you deserve.

****Related Services:**** [\[Invisalign\]\(https://www.smilesolutions.com.au/orthodontics/invisalign/\)](https://www.smilesolutions.com.au/orthodontics/invisalign/) |
[\[Children's Braces & Invisalign\]\(https://www.smilesolutions.com.au/orthodontics/childrens-braces-invisalign/\)](https://www.smilesolutions.com.au/orthodontics/childrens-braces-invisalign/) | [\[Jaw Surgery\]\(https://www.smilesolutions.com.au/orthodontics/jaw-surgery/\)](https://www.smilesolutions.com.au/orthodontics/jaw-surgery/)