



Orthodontics
Australia

by the
Australian Society
of Orthodontists



**Clear
Braces**



Ceramic braces have the straightening power of traditional metal braces, but a more subtle appearance.



What are ceramic braces?



Ceramic braces work in the same way as metal braces, using brackets that are attached to the teeth and connected by a wire. The only difference is that they use a clear or tooth-coloured porcelain material instead of metal for the brackets, making them virtually invisible.



How much do they cost?

In most cases, the use of clear braces can add approximately \$500-\$1000 to the cost of traditional braces. In Australia, an 18-24 month course of comprehensive (top and bottom arches) orthodontic treatment can cost from \$6500 to \$8500. Limited treatment is often less costly.



Caring for ceramic braces

The care instructions for ceramic braces are basically the same as with metal braces. This includes brushing your teeth after every meal, flossing at least once a day and avoiding some foods, like nuts, popcorn and hard lollies. One big difference is that you should limit your intake of food and drinks that have the potential to cause staining around your ceramic braces, such as coffee and red wine.



Foods to avoid:

