



Orthodontics  
Australia

by the  
Australian Society  
of Orthodontists



**Lingual  
Braces**



Lingual braces – also known as ‘inside’ braces – are a form of orthodontic treatment that is a viable alternative to traditional outside metal braces or ceramic braces.

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## What are lingual braces?



Lingual braces are attached to the inside of the teeth rather than the outside, making them invisible when you smile. Each set of wires and brackets is custom-made to perfectly fit along the line of teeth and gradually move them into a new position. Due to their close proximity to the tongue, they may take some time to adjust to the feeling of them and it may cause some temporary difficulty with your speech.

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## How much do they cost?

Patients will need more frequent and lengthy appointments to maintain their lingual braces. They are an entirely custom solution that are made in a dental laboratory to perfectly fit each patient's unique mouth shape, so they can cost up to double the price of regular braces in total.

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## Caring for lingual braces



They might look different to traditional braces, but they are effectively the same. Patients should ensure they floss regularly, brush after every meal and avoid foods that are particularly hard or chewy as they can run the risk of bending or breaking the wires.

## Foods to avoid:

