



# hidden from view: lingual braces

**A**t ONiA, our team of leading orthodontists have vast experience and expertise in providing a wide range of orthodontic solutions, and among the specialist services where we lead the way is the fitting of Incognito™ Hidden Braces by 3M.

Hidden braces are so called because they are fitted on the inside of your teeth rather than the outside, which is the case with traditional metal braces.

Because they can't be seen, they are also referred to as invisible or lingual braces.

Lingual braces are an ideal solution for almost any type of orthodontic problem, as they are 100% customised, meaning that we create them specifically to address your particular situation:

- » crowded or crooked teeth
- » poorly spaced teeth
- » overjet (more commonly known as overbite)
- » reverse overjet (also known as underbite)
- » crossbite
- » open bite





## How are lingual braces fitted?

When you come for your first consultation for hidden braces, we start off by taking impressions of your teeth. This is done by fitting into the top and bottom of your mouth trays filled with a soft plastic substance. This is painless and over within about 15 minutes or so. These impressions are then used to make models of your teeth.

From these models, we are then able to create 3D images of what your teeth currently look like but, more importantly (and excitingly!) what they will look like after your lingual braces have done their job and corrected the problem.

These 3D images are then used to build the brackets and wires for your braces, which are designed exactly to your specifications and to correct

your specific condition (unlike most other types of braces, that are mass produced), with each individual bracket being cast from gold, making them more comfortable than traditional braces. This process can take up to five weeks to complete.

When your braces have been made, you will then pay us another visit so that they can be fitted. First, we will use a special adhesive to fix your braces in place, and then we fit your custom-made brackets on to the back of your teeth. The custom wires and elastics are then applied to the brackets, with any final adjustments being made, and then you're ready to go.

The whole experience is usually painless, although after having them fitted your new braces may well feel a little uncomfortable for 6-12 hours

or so, but this will pass. You may be conscious of them for a time, perhaps the first week or so (e.g., they might feel bigger in your mouth than they actually are!), but most people adapt to them very quickly and soon don't notice that they're wearing them. We'll provide you with some wax products that you can use, particularly at night, to help get your mouth and tongue used to them so you can adjust more quickly.

After this, you should continue to maintain a good oral hygiene regimen and, while flossing make take a little longer than normal, keeping your teeth clean while wearing your lingual braces will be straightforward and hassle free.

Once your braces have been fitted, you will come back and see us every six to eight weeks or so for a check-up and any readjustments that

are necessary. In this way, we can make sure that your treatment is progressing as it should.

## The benefits of lingual braces

Above all, the improvement to your smile—and the accompanying increase in self-confidence—is the biggest benefit to having worn lingual braces. However, there are some further bonuses that have made them such a positive solution for so many of our patients.

For most people, the very fact that they are hidden or invisible is the single most important benefit to lingual braces. Because they are tucked away on the inside of your teeth, they really are virtually impossible to see in normal circumstances, and as they're 100% customised to fit you perfectly, they don't change the shape of your mouth or lips in any way either.

The Duke and Duchess of Cambridge are both famous for having worn lingual braces





Another attraction for many of our patients is that lingual braces don't cause discomfort and don't impact on your lifestyle. It's not necessary, for instance, to remove them when eating and drinking as is the case with clear aligners, which also means they're always on and therefore always working. It also means they can't be lost or misplaced!

Because they are 100% customised, this also means that they provide predictable, effective and efficient results, usually in a shorter treatment time than is required with other braces, with the need for a check-up only every 6-8 weeks.

In addition, Incognito™ Lite Hidden Braces are also available, which are designed to be fitted just to your 'social six' teeth—those teeth visible at the front of your mouth.

## Why choose ONiA for your lingual braces?

Our team of highly-qualified and skilled specialist orthodontists, all of whom are full members of the Australian Dental Association and the Australian Society of Orthodontists, have vast experience in addressing an enormous range of orthodontic problems, and we are at the forefront of using Incognito™ Hidden Braces in Adelaide.

In addition, we are able to offer our patients payment plan options to make having your braces fitted more affordable, while our new premises on North Terrace in the Adelaide CBD provide an extremely comfortable and welcoming environment. Our practice and administration staff are all highly experienced and always provide the high levels of care that all of our patients have come to expect.



ORTHODONTIC  
NETWORK IN ADELAIDE

## Orthodontic Network in Adelaide (ONiA)

South Australia's biggest  
orthodontic network

3rd Floor  
Bagot House  
198 North Terrace  
Adelaide SA 5000

Ph: 08 8227 0336  
Fax: 08 8227 1626

**info@onia.com.au**  
**www.onia.com.au**



This article was written and distributed by Cadogan and Hall, a team of freelance writers based in Adelaide, South Australia. We specialise in producing online content, websites, blogs, articles and press releases for small- and medium-sized businesses.

**[www.cadoganandhall.com](http://www.cadoganandhall.com)**  
**[enquiries@cadoganandhall.com](mailto:enquiries@cadoganandhall.com)**

## Getting To Us

### Trains and trams

We are located:  
500m from the Adelaide Railway Station  
450m from the Adelaide Railway Station tram stop  
350m from the Rundle Mall tram stop

### Buses

Bus stop T2 is right outside our headquarters on the south side of North Terrace, while bus stop F2 on the north side is only 90m away. The following bus routes are serviced

by these stops:  
169, 170, 172, 177, 178, 528, 548, G40, M44, M44C, M44X, N178

Bus stop U1 is 160m away on the south side of North Terrace and G3 on the north side is 230m away. The following bus routes are serviced by these stops:  
99C, 140, 144, 150, 150B, 150P, 155, 157, 157X, 169, 170, 172, 177, 178, 281

Bus stop G1 on the north side of North Terrace, and serviced by the 99C bus route, is only 120m away.

### Car parking

If you're driving to your appointment, there are a number of undercover parking garages within a short walking distance of Bagot House:  
U-Park Gawler Place, Gawler Place (100m)  
Myer Centre Car Park, Stephens Place (110m)  
Wilson Car Park, 225 North Terrace (160m)  
Wilson Car Park, 27 Austin Street (230m)  
U-Park Rundle, Pulteney Street (450m)

There are also a large number of metered, on-street parking spaces within easy walking distance, most of which have a 3-hour time limit:  
Kintore Avenue (approximately 300m)  
Victoria Drive (approximately 600m)  
Frome Road (approximately 900m)