

# What Are Adult Braces Orthodontics Types?

Dental braces are specially designed for teeth that are crooked, crowded, misaligned or gaps. Braces help to align your teeth better; they can improve many oral issues and the functioning of the teeth. It can also enhance your aesthetics. Once you finish your whole treatment, you can enjoy your straight-aligned teeth.

Adults' teeth are mature, and they can shift from their position with regular tongue thrusting. The constant pressure of chewing can cause your teeth to change their positions, and this causes misalignment. These issues can also cause gaps between teeth, which can cause many problems as bacteria enter the gums and cause gum disease.



Therefore, with the help of braces, you can fix these issues and make your teeth look beautiful and straight. You get to clean your teeth properly, brushing and flossing become convenient, and you can enhance your appearance with your beautiful smile. Visit your [best orthodontist in Miami, fl](#), for more information.

Orthodontic treatments can help you prevent gum diseases and also prevents tooth decay. Adults sometimes need braces for aesthetic reasons. They feel embarrassed to talk and smile in public with their misaligned teeth. They are not happy with their smile appearance, and they want to change their smile appearance.

## What Are the Different Types of Braces Options?

**Braces in Miami, Florida**, are helpful if you have a misalignment. These are the options you can get in braces.

### **Metal Braces**

Metal braces are made with stainless steel brackets that are put onto your teeth and connected to wires made of metal alloy. These wires are put together with rubber bands and give the teeth the required movement to shift back to their original position. These wires provide a gentle force to the teeth.

## Ceramic Braces

These are much more similar to metal braces. Ceramic braces have thin wires connecting to the brackets, and the wires used in ceramic braces are less thin than metal braces. The brackets are made of clear ceramic or sometimes even colored to match your teeth.



Therefore, these braces are more comfortable than metal ones, but they are slightly more expensive than them.

## Lingual Braces

These are the same as metal braces. The only difference is that the wire is fixed inside the mouth and attached to the teeth, which makes them less visible. However, they can be uncomfortable in starting and challenging to keep clean. They can sometimes cause tongue sores initially.

## Invisalign or Aligners

Clear, plastic aligners can be the best option for adults as it is invisible compared to all the braces options. Athletes mostly wear these as mouthguards, and Aligners are designed to have the same function as braces. Aligners move your teeth slowly in their position. After the complete treatment, your [best orthodontists near me](#) will ask you to wear a retainer to keep them straight.

The best benefit with aligners is that you can eat whatever your choice is, your favorite foods. They are removable, so you can eat all your favorite snacks. You must keep them safe and clean your teeth before putting them again in your mouth.

## In Conclusion:

These are all the options that help align your teeth. Adults can look for the last option, Invisalign, as it is removable and invisible. You can only notice them slowly. Talk to your **adult orthodontics near me** and consult all treatment options.

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