

Fixed braces  
13 y old female



Treatment Time	20 Months	
Total No of Appointments	16	
Scheduled Appointments	13	
Unscheduled Appointments	3	

Clear aligners  
13.5 y old male



Treatment Time	22 Months	
Total No of Appointments	7	
Scheduled Appointments	7	
Unscheduled Appointments	0	



## Cleaning

Need to be managed carefully to avoid damage to teeth and gums

## Eating

Modify to softer diet to protect braces

## Sport Mouth guard

Special mouthguard can be made to reduce bulk  
Increasing cost

## Pain / Discomfort

When teeth move they are sore usually lasts 2-3 days after each adjustment

Thickness of the braces causes some irritation through treatment



## Cleaning

Aligners can be removed to clean

## Eating

Aligners can be removed to eat

## Sport Mouth guard

Aligners can be removed to wear a mouthguard

## Pain / Discomfort

When teeth move they are sore or bruised  
Approximately 20% of the pressure per aligner change compared with changing one wire for braces  
Attachments can cause some irritation during treatment