



Clear Braces

Hours of Operation

Day	Hours
Monday	8:30am - 5:00pm
Tuesday	8:30am - 5:00pm
Wednesday	8:30am - 5:00pm
Thursday	8:30am - 5:00pm
Friday	8:30am - 5:00pm
Saturday	Closed
Sunday	Closed



NZAO[®]
Association of Orthodontists

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OTAGO
ORTHODONTICS

Clear Ceramic Braces

What are Clear Braces?

These are clear braces made out of glass particles similar to ceramic plates. They are great for patients that are worried about the look of metal braces.

Clear braces require more cleaning and care than metal braces. The O-rings that go around the braces to hold the wires in place can discolour with certain foods and drinks, these include:

- Red wine
- Curry
- Spinach/kale smoothies
- Coffee
- Tea
- Chicken noodles - Maggi flavouring
- Tomato based pasta sauces

Ceramic braces can also chip and fracture during treatment so please refrain from biting into pens and any hard objects.

Avoid biting:

shellfish

pens

drink bottle lids

raw pasta

gingernut biscuits

nails

opening packet food with your teeth

Instructions

Brush your clear braces 3 time per day to ensure you keep them clear. An electric toothbrush can help keep them looking good and reduce staining. If you have a white powder coated wire you will have to be careful not to hit the wire with the back part of your toothbrush as you are brushing your teeth and avoid anything too hard as not to scratch the white coating off the wire.

If you wire becomes scratched, this can only be changed if you are due for a wire change at your next visit. As it is only cosmetic, any early changing of wires can cause unnecessary discomfort and is not recommended. If you do not like the appearance of your scratched wire you can request a plain metal one at your next wire change.



It is really important that you keep your O-rings and braces clean as these are only changed at your next scheduled appointment. For a special occasion, you are allowed ONE free change of your O-rings during your treatment, any additional changes will incur a charge of \$60 per visit.

If you know you will be drinking coffee or eating coloured foods, the PEARLY O-ring is a much better option as it is more resistant to coloured foods and drink. Note - these pearly rings do stain but are less obvious than the clear O-rings.