

How Long Do Braces Take to Straighten Teeth? Duration, Tips, And More!

Description

Wearing braces or aligners is the standard treatment for straightening misaligned teeth. Yet, how long one has to wear braces to get that perfect smile is not fixed. It usually varies according to the treatment requirements and the patient's lifestyle.

Moreover, the orthodontist often gives instructions about oral hygiene, which promotes faster treatment. So, make sure that you follow them.

The Average Amount Of Time For Braces

Usually, it takes between 1 to 3 years for misaligned teeth to get straightened. However, the time can get shorter or longer as per the patient's circumstances.

Having said that, let's learn about these circumstances.

• How Crooked Your Teeth Are

The most common reason to wear braces is when a person has crowded, stuck out, and space between the teeth. These are different types of crooked teeth. The [Orthodontist](#) often suggests getting braces for crooked teeth as it helps prevent gum disease, cavities, and enamel erosion.

Also, the duration of the treatment depends upon the severity of these conditions. In fact, some people even have to remove their teeth to make more room in the mouth. Such a situation increases the treatment duration.

• Teeth Alignment When You Bite

It isn't necessary that your top and bottom teeth align (also known as bite) the way they are supposed to. Generally, there are four types of bite,

- Open bite
- Deep bite
- Underbite
- Crossbite

If you are getting braces to treat a bite, it will take much longer than the treatment for misaligned teeth.

• Type Of Braces Used

The type of orthodontic treatment also has a significant impact over the duration.

- **Metal Braces:** These include brackets that are attached to your teeth and connected using a metal wire. To align your teeth, the orthodontist will tighten these wires regularly. These are

generally recommended for serious correction of misaligned teeth.

- **Clear Aligners:** Unlike metal wires, these are made of plastic-like trays and can easily be removed. It makes it convenient to [brush and floss](#) your teeth. However, you need to wear them almost every day. Otherwise, the treatment plan will get extended.

But, these are not recommended for closing teeth gaps.

- **Lingual Braces:** These are aesthetic braces and are more effective than metal braces and clear aligners. Here the metal braces are glued behind your teeth. But these might not be a great option for everyone. Therefore, you must consult your dentist.

- **Diet And Lifestyle**

Eating food after getting braces can be pretty challenging. Therefore, it is essential that you follow your orthodontist's advice about [what you can and can not eat](#). Otherwise, your braces can break, which will require an emergency appointment.

Likewise, you might also need to make some changes in your lifestyle. Ask your dentist if they can provide you a mouthguard to wear while playing sports or exercising. Also, you must visit them every six months for cleaning.

Wrapping it up!

Braces are essential for teeth and jaw alignment. Plus, healthy teeth also lead to better well-being. The period will vary as per your treatment plan. Even so, it is essential that you communicate with your dentist or orthodontist throughout the process.

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