

Lingual orthodontics

Braces out of sight behind the teeth

Lingual Orthodontics takes its name from “lingual” which refers to the tongue, and lingual braces are placed on the inside of teeth next to the tongue. Unlike conventional braces they do not show and this is their biggest advantage. Lingual braces have been around since the 1980’s when they were first developed in California. Various improved designs have been developed since then in different countries and they are now used all around the world by orthodontists for patients who do not want visible braces.

By comparison with the clear removable braces, which are also used where appearance is critical, the fixed brace allows greater control of teeth so lingual braces can manage more extreme irregularities of the teeth



Generally lingual braces need take no longer than conventional fixed braces and the results can be just as good. Although mostly used for adults they can be used from the mid-teens as well. Treatment with lingual braces is always more expensive than with conventional braces because of the high laboratory cost in manufacturing of the braces and the extra time and expertise needed for their successful management.

Not all Orthodontists undertake treatment with lingual braces but the number is growing. In Britain the British Lingual Orthodontic Society (BLOS) brings together orthodontists who undertake this type of treatment. BLOS can provide more information on lingual orthodontics and can be contacted at www.blos.co.uk

