

# Your Treatment Options

## Cosmetic Preferences

Are aesthetics important to you?

## Lifestyle

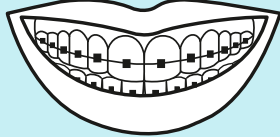
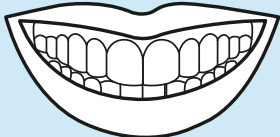
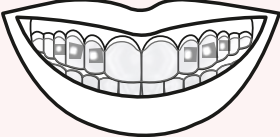
What is your level of social, physical and professional activity?

## Type of Malocclusion

Are your teeth severely misaligned?

## Oral Hygiene

Are you willing to commit to special brushing and flossing techniques?

		Aesthetics	Ideally For	Oral Hygiene	Comfort	Speech Difficulty	Diet
<b>Traditional Metal Braces</b> 	Visible	Young people and the most advanced cases	Brush and floss after every meal, a floss threader is recommended	Temporary discomfort at beginning of treatment, and after appointments	None	Avoid hard, sticky and chewy foods	
<b>Hidden Braces</b> 	Invisible	Creatives, musicians, travelers, and others who enjoy an active and social lifestyle	Brush and floss normally	Temporary discomfort for 2 weeks, most severe around the end of the 1st week	May temporarily affect speech during treatment	Avoid hard, sticky and chewy foods	
<b>Clear Aligners</b> 	Translucent	The conscientious and disciplined	Brush and floss normally, aligners need to be cleaned to prevent discoloration and odors after every meal or snack	May experience discomfort at the beginning of each new aligner throughout treatment	May temporarily affect speech during treatment	Aligners must be worn 22 hours a day, snacking and coffee habits not recommended	