



Some
people
don't object
to visible
braces

Others do

But no-one
objects to
invisible
braces



British Lingual
Orthodontic Society

www.blos.co.uk

The lingual story

- Lingual braces are the latest method of moving teeth invisibly. They are an excellent system for aligning teeth at the same time as delivering improvements to your bite.
- The word lingual comes from 'lingua', the Latin word for tongue, to describe orthodontic brackets fitted behind teeth instead of on the front surfaces. While the patient can feel the brackets with their tongue and, in the early days of treatment, may find eating and speaking a little challenging, no-one can see the braces.
- Invented in the 1970s, lingual systems have been refined over the years. Now that brackets are smaller and neater, they are more easily concealed at the back of each individual tooth.
- A wire is connected to each bracket and exerts force to move the teeth into new positions over a period of days, weeks and months.
- Lingual systems are growing rapidly in popularity with patients and specialists.



Patient stories



Obviously as a teacher I did not want to be seen in braces. Every single working day I am on show and being looked at. I just did not want visible braces aged 54. So I had lingual braces. I think my own children were quite amused but envious too, because they had train tracks. Wearing the braces is hard initially and it does give you a slight lisp but within 8 weeks of starting, my two front teeth were straight after years of overlapping.

Anne, primary school teacher and mother of three teenagers



I was always very good at being the cryptic guy who made everyone else laugh so I could avoid smiling myself. My teeth were overlapping and ugly and had always embarrassed me but there was no way I was going to wear braces as a teenager. My girlfriend persuaded me to look into invisible braces. Perhaps she could see I had some potential! I now find it much easier to pitch to new clients for the first time and my girlfriend and I got engaged. The wedding photos don't fill me with dread like they would have done a year ago.

Gary, freelance website developer



When I was in my 40s, my father died and left me a sum of money. I knew he would want me to spend the money on something I wanted. Throughout my life, I had hated my teeth. I would automatically put my hand over my mouth when I laughed. The braces came off in time for my 50th birthday party. And guess what? I am smiling in all the photos! I would say it has been worth every penny. It is such a joy to be able to smile properly, without embarrassment.

Meg, graphic designer for large company



BLOS

BLOS is a membership organisation for specialist orthodontists who are all committed to making the service they offer to patients second to none by:

- Learning and sharing the latest techniques
- Attending educational events and conferences
- Promoting a dialogue between clinicians, technicians, trainers and researchers

Over the last decade, BLOS has become the home of lingual orthodontics in the UK. It welcomes members from overseas and works closely with other organisations of lingual orthodontists, both in Europe and internationally.

For more information go to www.blos.co.uk



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