

Braces comparison Table

	Metal	Self Ligating	Ceramic	Lingual	Clear	Invisalign
Suitability	All ages	All ages	All ages	Adults	Adults	Older teens and adults
Cost	Less expensive	More expensive than metal	More expensive than metal	Can be twice the cost of metal braces	Similar or less expensive than metal braces	Often costs more than metal braces.
Comfort	Comfortable after initial period	Comfortable after initial period	Comfortable after initial period	Very uncomfortable with speech difficulties noted for many patients	Comfortable after initial period	Comfortable after initial transition
Discolour	Metal with bright colours	Metal or ceramic without colour	Can stain but often transparent	N/A	Quite clear	Clear but trays can stain after 2 weeks
Efficacy	High	High	High	Challenging to deliver quality finishes	Very effective with Crowded front Teeth	Moderate. Some cases are less suitable.
Eating	Eating limitation	Eating limitation	Eating limitation	Eating limitation	Eating limitation	Must remove to eat. Restrict eating more to meal times only
Appearance	Most noticeable	Metal brackets are noticeable	Clear appearance	Not visible from outside	Clear Appearance	Less Noticeable
Maintenance	Normal cleaning	Normal cleaning	Normal cleaning	Much harder to clean	Normal cleaning	Easy to maintain good hygiene
Adjustments	Normal	Normal	Normal	Adjustment appointments may be longer	May have more frequent appointments	Quick appointments spaced every few months.
Material	Metal	Metal or Ceramic	Ceramic	Metal	Ceramic or resin	Plastic
Treatment	12-24	12-24 Can take longer than traditional	12-24	Often takes much longer than traditional	6-12 months with eligible cases	6-24 months depending on complexity of cases.