

# THINGS TO KNOW BEFORE GETTING BRACES

Having straightened teeth make it easier to clean. Straight teeth also look beautiful. Braces are ideal for straightening teeth. So, you will be able to take care of your teeth better and even go for a [fluoride solution for teeth](#). Thus, you will be able to prevent your teeth from decay later in life. Getting braces is something that will excites especially if your teeth are not straightened. However, you may have some concerns about the braces or **invisalign treatment**.



## Cost

The cost varies depending on how misaligned your teeth are type of braces, location and the dentist experience. You will pay more for the braces when your teeth are more misaligned. If you are on a tight budget, you can opt for the **traditional metal braces** since they are affordable. The average overall cost is between \$3000 and \$7000.

Ceramic braces are more costly. Ceramic braces are compared to the invisalign. Having braces may be costly but there are ways you can reduce the cost. You can ask if your insurance can cover some of the costs. Your insurance company may cover \$3000 and you will only pay the remaining amount.

## Does it hurt?

Yes, it will hurt but it is only mild discomfort that you will feel. You can easily manage the discomfort from the **teeth bonding Houston**. You will feel more pain after the braces has been applied. The pain feels like acting on the jaw. Using ice will help reduce the pain. You can use over the counter pain relievers. You may also feel acute stinging. You can use braces wax to rub on the braces and reduce stinging.

## Foods to avoid

Braces and **fluoride treatment Houston** will feel a bit strange when you have it for the first time. You will have a hard time to eating foods. The jaw will become uncomfortable. The first few days after getting the braces, you should stick on foods like peanut butter, pasta, yogurt and sandwiches. The discomfort will subside and you can go back to your normal diet. However, when you have braces or gone for **teeth bonding near me**, you should avoid foods such as crunchier chips, caramels, gummy candy, hard candy and nuts.



## How long to wear braces

The dentist will give you an estimate of the period you have to wear the braces. If your teeth are more misaligned, you will have to wear the braces for long. However, the dentist will observe your teeth and adjust the period accordingly. Teens and children may have to wear the braces for two years. There are some misalignments that can be corrected in one year. Severe cases of misalignment may require you to wear the braces for up to three years. Adults may be required to wear the braces for six months to one year. You can also go for the [invisalign near me](#).

## Taking care of teeth with braces

There are certain ways you need to care for your braces. You can start by avoiding crunchy foods. Such foods will get stuck on the braces. It is also advisable to avoid sugary foods. Sugary foods will cause plaque which builds up around the braces. You will end up having cavities and tooth decay.