



Cape Road

DENTAL PRACTICE
& IMPLANT CENTRE

Straightening Teeth: A Handy Guide





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Let's get this straight!

Uneven and crooked teeth can really drag you down and affect your confidence. If you regularly find yourself trying to talk and smile while hiding your teeth, or cringe at selfies, perhaps it's time to explore teeth straightening options?

Thanks to Orthodontic advancements over the past 15 years, there are some great options these days that can help you get the smile you've always wanted. Whereas in the past the first thing that sprang to mind when considering teeth straightening would be a mouth full of metal wires criss-crossing your teeth, unattractive metal braces are thankfully no longer the only way to get straighter teeth

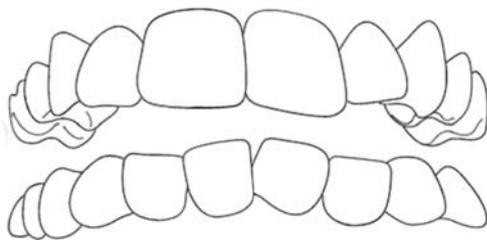
Now you can improve your smile discretely and conveniently. We've put together this useful guide to help you explore your tooth straightening options...



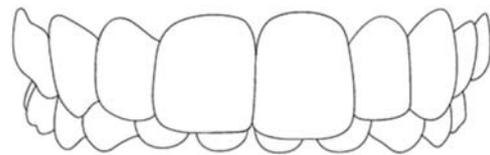
What is Teeth Straightening?

Teeth straightening or 'orthodontic treatment' is used to improve the appearance, position and function of crooked or abnormally arranged teeth. Treatment straightens the teeth and moves them into a better position, creating a more functional, attractive smile.

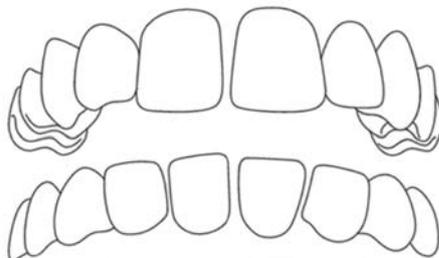
Having crooked teeth or large gaps between your teeth can cause problems. Food and bacteria could get stuck between the teeth which could cause decay. Similarly, if your teeth stick out, this could cause problems with mouth ulcers and decay, or with speech. Your dentist might suggest that you have your teeth straightened through orthodontics i.e. by wearing a brace. Here are some treatable smile types... which one are you?



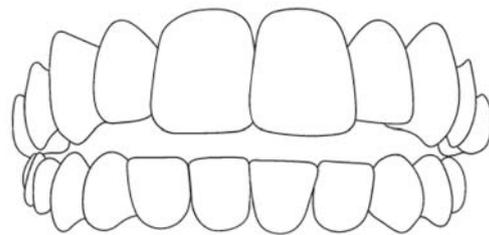
Overly Crowded



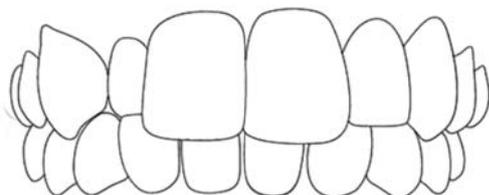
Deep bite



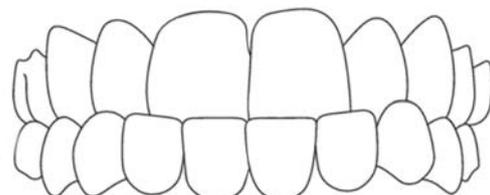
Gapped Teeth



Open bite



Crossbite



Underbite



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Teeth Straightening options What treatment is right for you?

Invisalign

Invisalign® straightens teeth using a series of clear plastic aligners. The transparent (almost invisible) removable teeth aligners are custom designed to incrementally adjust your teeth to the desired position. Invisalign® aligners are made of smooth, comfortable and virtually invisible plastic. Uniquely designed for your mouth, you wear them over your teeth as you would a mouth guard and they gently shift your teeth into place.

- No metal brackets to attach
- No wires to tighten.
- Discreet and easy to maintain
- Minimal impact on everyday life

You just pop in a new set of aligners approximately every two weeks until your treatment is complete.

Six Month Smiles

Six Month Smiles is a clear braces system designed to straighten your teeth in about 6 months. It is a modern twist on traditional orthodontics through a technique called 'Short Term Orthodontics'. It delivers straighter teeth by straightening a patient's front teeth. The system has taken the best aspects of braces and modified the treatment and the materials to give adults a common-sense, cosmetic solution that fits your lifestyle.





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Lingual Braces

Lingual braces are placed behind the teeth (by the tongue and palate), rather than in front, and therefore offer a great cosmetic alternative for those who want their teeth straightened, without the braces showing.

Lingual braces can be used to treat a variety of orthodontic problems and are a discreet way of straightening teeth compared with traditional metal braces. They are comprised of small brackets and arch wires that are bonded to the back of the teeth making them virtually invisible to other people.

Traditional Braces

Ceramic braces are the same size and shape as metal braces, except that they have tooth-colored or clear brackets that blend in to teeth. Some even use tooth-colored wires to be even less noticeable.

Clear Ceramic Braces

Ceramic braces are the same size and shape as metal braces, except that they have tooth-colored or clear brackets that blend in to teeth. Some even use tooth-colored wires to be even less noticeable.



Whether you're considering straightening your teeth for aesthetic reasons or medical ones, there are many great adult-friendly options. You're never too old to make a start.



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What our happy patients have to say...

The Cape Road dental team were excellent”

“Cape Road Dental Practice was like a breath of fresh air. At my first visit, friendly staff members welcomed me and the team conducted a professional consultation. They asked me a number of questions such as ‘what is your biggest fear?’ and ‘what matters to you the most in life?’ I said that my biggest fear was to smile in public and I wanted to be more confident.”

“It was like going to see my best friend, that’s how comfortable they made me feel.”

“Throughout the whole process it was as if the Cape Road team were with me every step of the way. I knew I could have total confidence in their ability. The treatment was carried out smoothly and professionally; I loved going to the clinic, knowing each time I left that I was one step closer to my dream smile. The team are professional, very sincere, and very supportive. It was almost like going to see my best friend, that’s how comfortable they made me feel.”

“The Cape Road team have changed my life”

“No one can fully understand how much it means to me to be able to smile and not worry about what people think of my horrible teeth. But they can see that now I’m definitely a much more confident and happier person. The Cape Road team have changed my life for the better.”



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The team at Cape Road

Dr Marcus Gambroudes and Dr Dominic Wild head up our team of expert dentists. Both are extremely experienced in the field of orthodontics.

Dominic is a Gold Invisalign Provider and has helped many patients achieve great smiles using both the Invisalign and the six month smiles systems. These guys really know what they're doing, so your smile is in good hands!



Dr Marcus Gambroudes

Dr Dominic Wild



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A little more about Cape Road Dental in Warwick

Award winning dental care in the heart of Warwickshire that's like
"walking into a family atmosphere"

No one likes visiting the dentist; it's an unfortunate occupational hazard that we face every day! But at Cape Road Dental Practice, rather than sit back and accept our unlikeable fate, we've spent a lifetime combatting the stereotypes and creating the most calm, comfortable and cosy practice possible for our patients and won numerous awards in the process!

You'll be welcomed through our doors by our abundantly friendly team who'll do anything they can to make you feel comfortable, while you take everything at your own pace! We're a team of young and enthusiastic, gentle and empathetic dentists, who'll always have your best interests at heart. Here at Cape Road we have a special interest in orthodontics and we've seen hundreds of patients over the years.



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heart of Warwick:

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