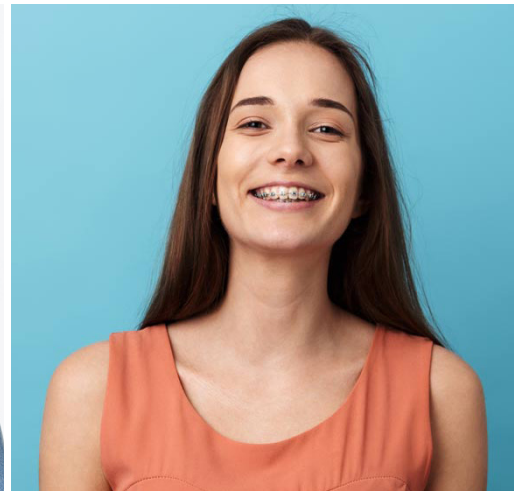


Complete Guidebook For Braces

By The Dental Team @ NoFrills Dental



New Smile. New You.

Get started on your new
& improved smile today.

Braces are a form of orthodontic treatment that is commonly used to correct improper bites and crooked teeth, which may have resulted from improper tooth alignment, lopsided jaw relationships, or both conditions simultaneously.

When done by an experienced practitioner, this treatment will adjust the position of existing teeth and may even be able to control/modify a patient's facial structure and growth.



Improved speech

Your teeth play an essential role in speech. Braces can fix misalignments and address any existing speech problems.

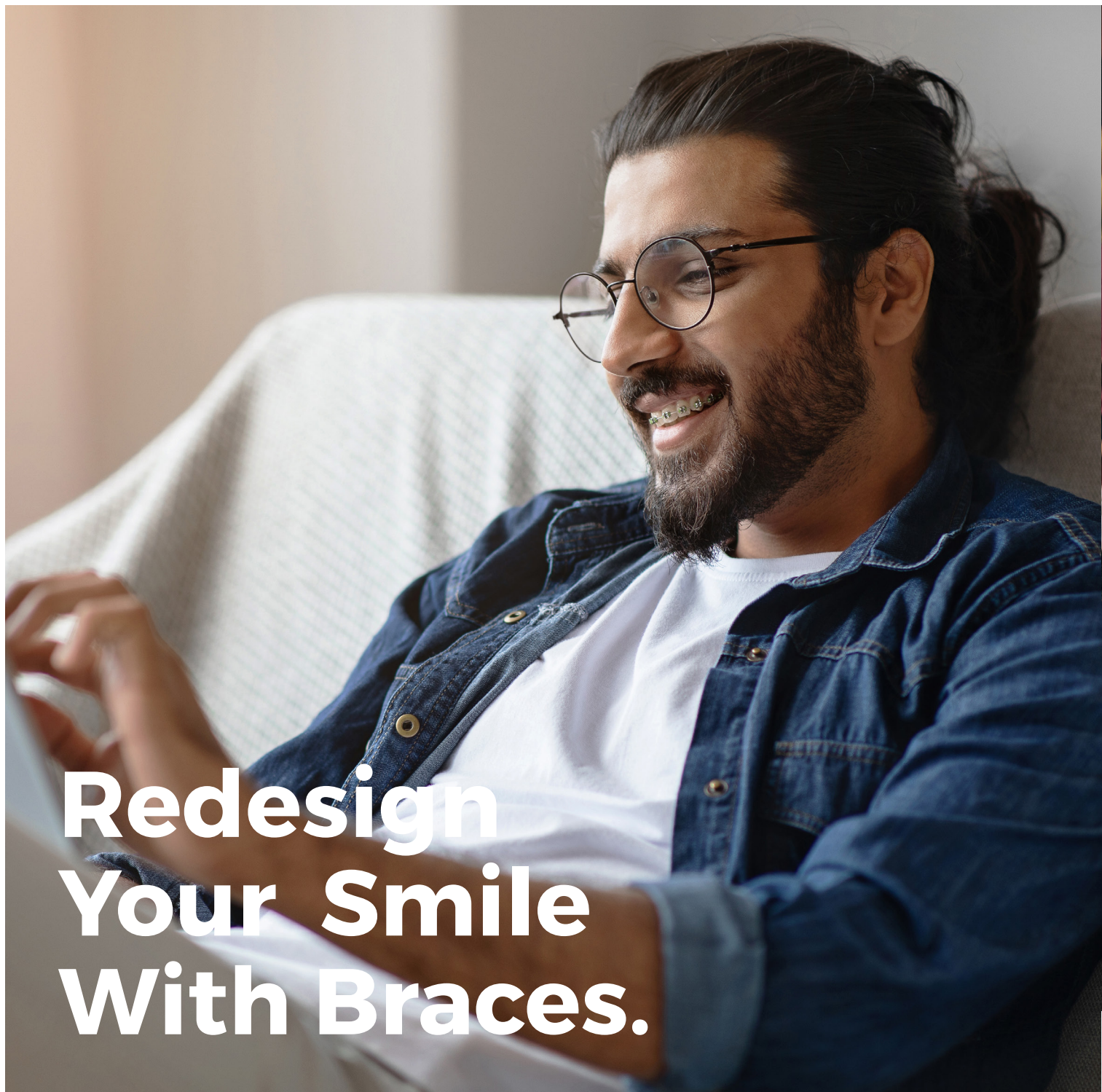
Improved oral health

Straighter teeth are easier to clean, brush, and floss. Braces can help patients to maintain excellent oral hygiene and prevent future periodontal disease and cavities.

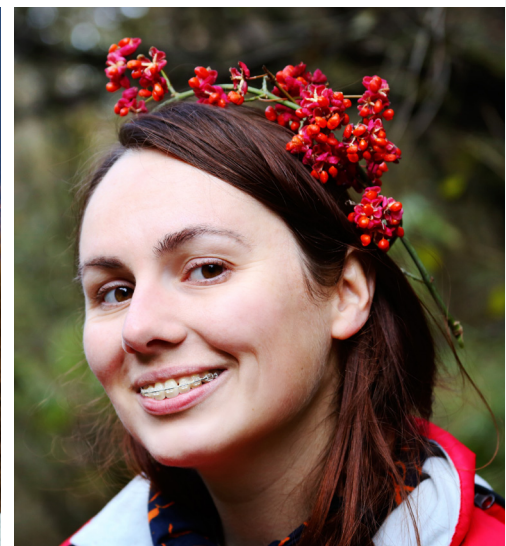


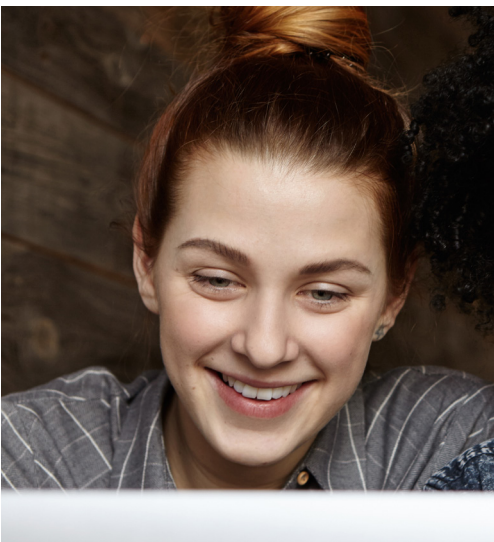
Confidence booster

When your teeth are well-aligned and you have a beautiful smile, you might be more at ease when talking, smiling, or showing off your teeth.



Redesign Your Smile With Braces.





Smile Better. Feel Better.

“Braces are the **gold standard** when it comes to straightening misaligned teeth.”

Braces treatment can treatment almost all typres of malocclusion.



content

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Most people would agree that having a pleasing smile paired with a set of perfectly straight and white teeth makes anyone instantly more attractive, confident and approachable. In this braces complete guide, we aim to empower you with the right knowledge to make a well-informed decision before starting your braces treatment.

Here's a quick guide to your next smile makeover, we'll cover topics such as:

- **Costs of Braces Treatment in Singapore**
- **Different Types of Braces Available**
- **Differences Between Braces & Invisalign**

What are braces?

Dental braces are devices used in orthodontics that **align** and **straighten** teeth and **help better position** them.

Orthodontic braces, also commonly known simply as braces are a form of orthodontic treatment.

Braces treatment is commonly used to correct improper bites, which may have resulted from improper tooth alignment, lopsided jaw relationships, or both conditions simultaneously.

Patients who typically opt for braces are looking for the aesthetic outcomes associated with the treatment.

However, apart from the aesthetic features as a result of treatment, other benefits of braces also include the prevention of tooth damage, excessive tooth wear, tooth decay and even gum disease, due to improper tooth alignment or a lopsided jaw.

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Braces treatment allows dentists to effectively correct complex cases of malocclusion such as Open Bites, Cross Bites, Overbite, Underbite, Crowded Teeth and severe Deep Bites.



Why choose braces?

Confidence Booster

When your teeth are well-aligned and you have a beautiful smile, you might be more at ease when talking, smiling, or showing off your teeth.

Correcting Bite Issues

Bite problems can cause a person to clench or grind their teeth, leading to excessive wear over time. A bad bite can also create chewing or speech impairment.

Improved Oral Health

Straighter teeth are easier to clean, brush, and floss. Braces can help patients to maintain excellent oral hygiene and prevent future periodontal disease and cavities.

Fix Jaw Related Issues

Address jaw-related issues such as temporomandibular joint (TMJ) disorders. Teeth grinding and jaw clenching are two common issues that can be solved through braces treatment.

Improved Speech

Your teeth play an essential role in speech. Braces can fix misalignments and address any existing speech problems.

Braces are the **gold standard** when it comes to addressing orthodontic issues.

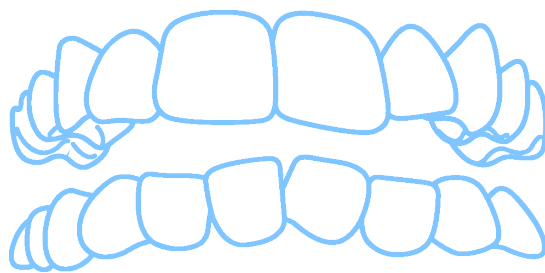


Straightening out dental problems

Braces have the ability to help correct problems with your teeth, like crowding, crooked teeth, or teeth that are out of alignment.

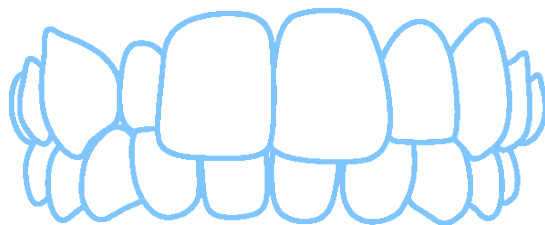
Crowding

Crowding is when you don't have enough room in your jaw for your teeth to fit normally. Your teeth can bunch up, overlap and twist, sometimes getting pushed to the front or the back.



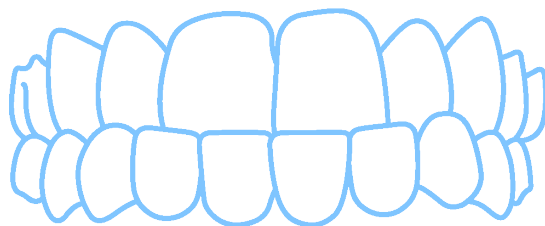
Cross Bite

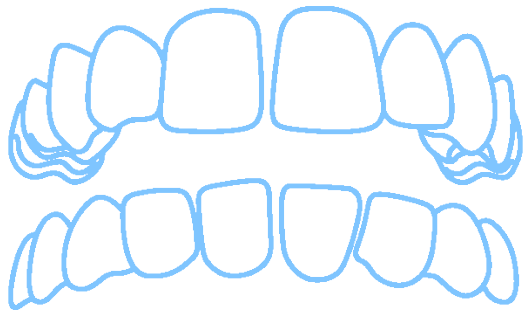
Cross bite is the orthodontic condition where patients have some of their upper teeth sit behind their lower teeth when the mouth is closed. – Rather than on the outside like they normally would. This condition may lead to abnormal wearing of teeth and even chipping.



Under Bite

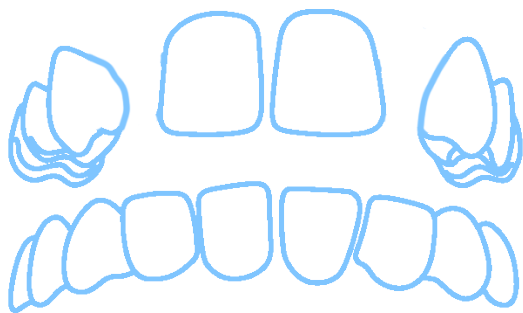
An under bite is a condition when your lower teeth and jaw protrude in front of the upper teeth. Severe cases may cause difficulty biting or chewing food or challenges when speaking.





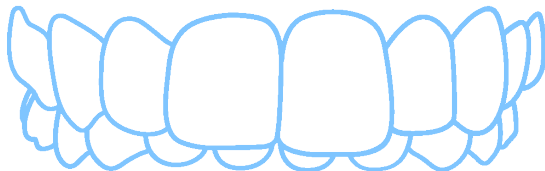
Spacing

Spacing is when you have extra space between two or more of your teeth. It may not look nice and can cause food to be trapped easily during eating, which may result in tooth decay and gum problems.



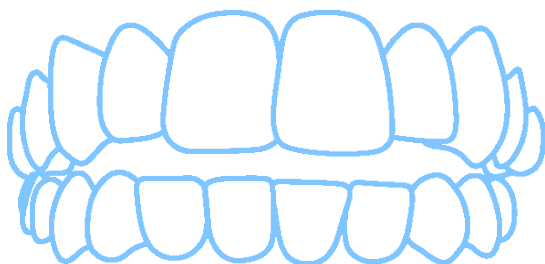
Missing Teeth

Certain types of spacing caused from missing teeth can be closed through the use of Invisalign treatment. These spaces may appear unattractive and if the spaces are large, they can cause speech problems.



Over Bite

An excessive overbite is when your upper front teeth cover too much of your lower front teeth. The lower front teeth may cause trauma to your upper gums.



Open Bite

An open bite is when your upper and lower teeth don't touch when your mouth is closed. An open bite may affect your appearance and may cause speech problems like having a lisp.

Am I too old for braces?

Absolutely not! Braces is generally suitable for **most types of patients** looking for orthodontic treatment **from adults to students under the age of 16 years old** and below who wish to start orthodontic treatment.

A sizeable portion of our orthodontic patients at NoFrills Dental is above the age of 25.

Braces have the ability to boost the confidence of patients simply by straightening their teeth and improving their oral health.

Adult patients do typically more aesthetic solutions such as Invisalign or ceramic braces to be discreet about their orthodontic treatment.

However, it should be noted that patients must be in good overall health and have a set of healthy teeth and gums before getting started with braces treatment.

Patients who suffer from gum diseases should not undergo orthodontic treatment as it would only worsen existing gum issues. Any gum disease must be treated first before starting any orthodontic treatment.





Braces for Children & Teens

Orthodontic braces are often recommended for children of ages between 7 and 14. With the **most ideal treatment age being around seven** as early intervention will allow the dentist to plan and adjust the adult teeth even before the eruption of adult teeth.

Parents with children who are suffering from jaw or bite related issues should intervene and address orthodontic issues early as an early intervention of orthodontic issues will generally result in a better final treatment outcome and a shorter treatment duration as the dentist will be able to **prevent existing issues from getting worse as the child ages**, allowing the dentists to fully plan the movement of teeth and build a smile that will last the patient a lifetime.

Moreover, most dental clinics will have special pricing plans for students.



Braces for Adults

Braces are suited for people of all ages and there's no age ceiling for the treatment, some patients even get their braces done when they're over 60 years old! Moreover, almost half of all patients who have braces in Singapore are adults above the age of 21.

However, adult patients looking to get started on their braces journey to a straighter smile should set aside a higher budget as compared to children as it is generally more complex to adjust adult patients as the bone structure in adults is a lot denser than that of younger patients which can result in longer treatment duration.



Does getting braces hurt?

There might be some discomfort when you first get your braces.

Getting braces put on your teeth doesn't hurt. It takes between one to two hours to have braces placed on your teeth.

First, your dentist puts bands around your back molars. This may involve some slight pressure or pinching, but it won't be painful.

Then, your dentist glues brackets onto each of your teeth and then connects the brackets with wires. Finally, everything is secured with elastic bands.

Within a few hours, you will begin to develop some pain and soreness in your teeth and gums. This dull pain will typically last about a week. During this, you will be getting used to the feeling of your new braces. The wires and rubber bands put pressure on your teeth to slowly straighten them. This pressure takes some time to get used to.

During the first week after getting braces, you may experience:

- **pressure and soreness of your teeth and gums, especially when chewing**
- **sores or pain on the insides of your cheeks**
- **discomfort on your tongue (from running it across the new braces)**

Typically, any pain or discomfort can be managed with over-the-counter pain relievers, like acetaminophen (Tylenol). Stick to soft, no-chew foods for the first week, such as soup, yogurt, and ice cream. Cold drinks and smoothies can also soothe inflamed gums.

Most people get used to their braces in about a month. After six months, you may not even notice them. Although, it is normal to experience some soreness from time to time.

Getting Your Braces Tightened

Braces fix alignment problems by placing constant pressure on your teeth. Over time, your teeth will move into a straighter pre-planned position.

The duration of treatment depends on a few factors, including what type of appliance you're using and the complexity of the teeth movements that your dentist is trying to achieve. As a general rule of thumb, most patients wear braces for about two years.

Over the course of your braces treatment, you'll need to visit your dentist once every 4 weeks for adjustments. During these appointments, your dentist evaluates your progress and checks the amount of pressure the braces are producing.

As your teeth move and the tension decreases, the braces lose effectiveness. At each visit, your dentist tightens the wires, springs, or elastic bands to increase the tension.

Getting your braces tightened can cause pain and soreness for a few days. The discomfort shouldn't be as bad as when you first got your braces on. After a few days, you will get used to the increased pressure on your teeth.

Removing Your Braces

After your braces come off, your teeth will be thoroughly cleaned. Your dentist might want to take another set of X-rays and impressions to check how well your braces worked.

If you have wisdom teeth coming in, your dentist may recommend getting them removed. This will prevent your newly straightened teeth from being pushed out of alignment.

Getting your braces off is certainly a relief, but it doesn't mean that your orthodontic treatment is finished. After removing the brackets, your dentist will have you fitted for a set of retainers. Retainers are custom-made devices, usually made of rubber or plastic, that prevents teeth from moving back to their original positions.

Your retainer may have metal wires that hold your teeth in alignment while the bones and gums heal. Depending on the case and dentists instructions, you may need to wear your retainer every day or only at night.

Retainers should not cause you any pain or discomfort.



How long do I need to wear braces?

Orthodontics is not a one-size-fits-all solution as every patient's mouth is unique. While there is no certainty to the exact duration of treatment, here are some factors that influence the amount of time you'll need to wear dental braces:

Type of Treatment

Patients requiring orthodontic treatment now have several options. There are conventional metal braces, ceramic braces, and clear braces. Metal braces are made from stainless steel, making this system very strong and robust. Ceramic braces and clear aligners, on the other hand, look nicer than metal braces

Age

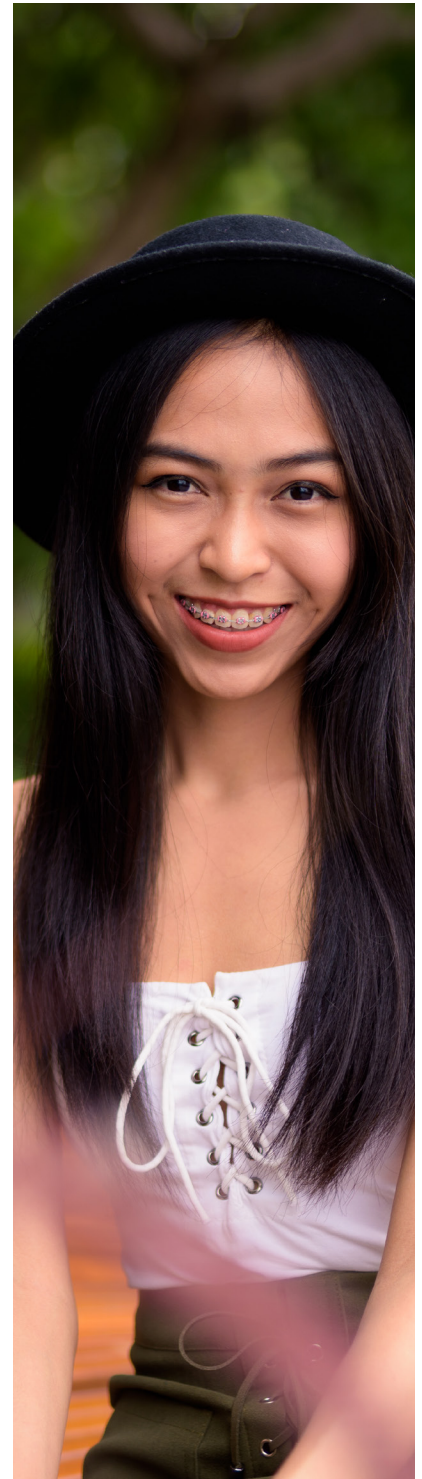
Young patients (teens and children) tend to get results faster than adults because their jaws are still growing, making the teeth easier to manipulate. This doesn't mean all adults need to wear braces for two years or more. There are other factors that affect the length of treatment.

Severity of the Case

Another crucial factor is the severity of your orthodontic issue. Mild spacing/crowding can be fixed in a year or less, while severe cases could take much longer.

Patient Compliance

An orthodontic patient needs to follow all instructions provided by his or her dentist to ensure a successful treatment. That includes maintaining proper oral hygiene, keeping your dental appointments and use your orthodontic appliance as directed.



Braces vs Invisalign?

This is a comparison between the two treatment options.

	Traditional fixed braces	Invisalign
Appearance	Metal-typically silver; can pay extra for colour or enamel colour	Virtually invisible
Cost	More economical	Higher cost (due to lab fees)
Maintenance of appliance	Good brushing required for brackets and wires, special brushes, floss required. Waterpik devices recommended.	Easy maintenance, simply brush aligners to keep clean. Change to a new aligner every 1 - 2 weeks.
Ability to treat all types of cases	Able to treat all types of cases	Difficulty with complex cases such as very deep bite cases, cases requiring jaw surgery. Not impossible, but may require a short period with fixed braces to assist treatment
Breakage of appliance	If not careful when eating, brackets or braces can break off, or the wire may distort, requiring an extra visit to the dentist	Rarely. Sometimes tearing of the aligners may occur at areas where the teeth are very crooked. Attachments may dislodge occasionally
Comfort	More initial force on the teeth after adjustment hence more initial pain	Less initial pain, forces are applied gradually over the period of wear
Frequency of review visits	Every 4 weeks/once a month	Less frequent visit required, range from 4 - 10 weekly
Special precautions when eating	Advised to avoid eating hard and sticky foods, may need to cut food up into smaller pieces at times	None, aligners are removed when eating
How long treatment will take	Depends on complexity of case and age of the patient	Depends on complexity of your case, age of the patient and how well aligners are worn
Need for retainers after treatment is completed	Yes!	Yes!
Maintenance of teeth	More difficult in maintaining good oral hygiene, more time required during brushing and flossing	Easy maintenance, aligner can be removed when brushing

Types of braces available in Singapore



Conventional Metal Braces

Metal braces are the most common type of braces used, mainly due to the pocket-friendly costs involved with this form of braces paired with relatively short treatment duration. These braces are made out of stainless steel.

Modern metal braces brackets (the part of the braces that is 'glued' to your teeth) are made to be concise as well as easy to apply and remove. A perceived side effect of this form of braces would be the fact that they are highly noticeable. Some patients consider this 'look' as fashion, changing the colour of the brackets & ligatures/elastic bands every so often.

**It is important to know
the kind of braces is
best suited for you.**

Ceramic Braces

For patients looking for a more 'invisible' look to their braces treatment. Ceramic braces are a popular alternative to conventional metal braces as they're a lot more subtle in appearance as compared to metal ones.

When ceramic braces are used, they give patients a more confident smile due to their inconspicuous and highly aesthetic design. On top of this, ceramic brackets don't stain or discolour due to the specialised ceramic material used in their fabrication, so patients need not worry about staining their braces after eating or drinking dark coloured foods.

The cost of ceramic braces is typically slightly more expensive than metal braces, mainly due to the specialised ceramic material used in the creation of these braces as compared to stainless steel in traditional metal braces.

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Depending on your needs & requirements, our dentists will recommend the best type braces to meet your needs and effectively treat your condition.



Self Ligating Braces

Metal & ceramic dental braces utilise ligatures, also known as “elastic bands,” to secure the orthodontic archwire into each bracket.

These ligatures do get stained, resulting in discolouration or an unaesthetic look, in order to mitigate this issue, patients will have to visit their dentist frequently to get these ligatures changed.

Self ligating braces remove the need of conventional elastic band ligatures, providing patients with the added benefit of reduced visits to the dentist, increased level of comfort, and shortened treatment duration during each visit.

Lingual “Invisible” Braces

Lingual braces are placed along the inside of teeth instead of the front. This form of braces treatment is practically invisible and is often compared with Invisalign treatment for the ‘invisible’ look that it provides patients.

However, not everyone is a suitable candidate for lingual braces. Due to the fact that the brackets are placed along the inside of teeth as opposed to the front like regular braces. This can cause considerably more discomfort as compared to regular braces, as such, some patients may suffer from tongue pain, due to the location of the orthodontic brackets.

Lingual braces are also the most expensive type of braces due to its complexity

Cost of braces in Singapore?

Here's what you need to know about braces pricing

Getting your teeth straightened is a really common procedure, although the cost involved with braces treatment in Singapore is less so. For anyone looking to get started on their orthodontic treatment, it's very important to understand the different treatment options available, the cost of each of these treatment options, and the ways that they can be financed.

“

The average cost of orthodontic treatment in Singapore ranges between \$3,500 – \$6,500 depending on the complexity of the case and expertise of the practitioner performing the treatment.

Orthodontic treatment is very personalised. The price component of each patient is highly dependant on the complexity of the patient's case. As such, the more complex the case is, the higher the overall cost of the braces treatment will be.

Prices vary from clinic to clinic and depending on the age, type of braces, the expertise of the dental practitioner (orthodontists charge more than general dentists), the cost of the treatment will vary accordingly.

The total cost of treatment will also depend on the specific type of braces that you'll be using for your orthodontic treatment. There are 5 main types of braces that patients can choose from: conventional metal braces, ceramic braces, self-ligating braces, lingual braces and Invisalign (technically not braces, but the sake of discussion we'll add it to this list).

Depending on your needs, budget and requirements, your dentist will recommend the right option for you.



What accounts for the difference in braces pricing?

The price of braces is **highly dependant upon the complexity of your case**. The complexity correlates the **braces type** you are getting and **how long the treatment takes**.

At NoFrills Dental, we aim to provide patients with high-quality dental services while maintaining affordable prices for the masses.

With this in mind, we've priced our braces treatment to cater to the different needs and budgets to each and every one of our patients. Refer to the table below to find out the cost range for each type of braces.

	What is it?	Dental Visits	Average Cost
Metal Braces	The most common type of 'normal' metal braces which most people know of.	Once every 4 weeks for wire adjustments	\$3,500 - \$5,000
Ceramic Braces	Similar to metal braces except brackets are made of tooth-coloured ceramic instead of metal. This provides patients with a more subtle appearance.	Once every 4 weeks for wire adjustments	\$4,500 - \$6,500
Self Ligating Braces (2nd Generation Braces)	The second generation of braces which does not require ligatures to adjust teeth. Most patients know them as Damon braces.	Once every 5-6 weeks for wire adjustments	\$5,500 - \$7,500
Lingual Braces	Braces which are bonded behind teeth. Providing patients with an Invisible solution to adjusting their smile.	Once every 4 weeks for wire adjustments	\$5,000 - \$13,000



Subsidies or discounts for orthodontic braces?

Here's a quick guide to your next smile makeover, we'll cover the **payment & instalment plans** involved of each treatment option before you get started.

Payment & Instalments For Braces

For most dental clinics in Singapore, payment for braces treatment can typically be broken down into 2 or 3 phases; Initial Consultation – During the initial consultation, your dentist will conduct an assessment of your teeth where they'll determine the complexity of your case then recommend the right treatment option for your case based on your needs, budget and requirements.

X-rays will usually be taken during this visit as well, in order to better assess the situation with your teeth before starting any treatment. The cost of an initial consultation typically ranges between \$50 – \$250, depending on what was done during the consultation. Do make sure to check the consultation fees before booking an appointment with any dental clinic.

Down Payment + Instalment – After the initial consultation, patients are free to think over the price quoted to them by the dental clinic for the braces treatment. For most clinics a down payment of about 50% of what was quoted, will need to be made before braces treatment can begin. Subsequent payments will then be collected every dental visit throughout your braces journey which can take anywhere from 18 – 24 months or longer.

Full Monthly Payments – Some clinics may accept full monthly payments once patients decide on proceeding with treatment instead of taking a deposit.

Payment plans are unique and dependant on the company policies of each dental clinic. Make sure to check with your dentist on the payment options available before starting your braces treatment.

Dental Insurance For Braces

Patients who have dental coverage under their medical insurance can claim certain dental treatments depending on the plan that they have.

Having said this, orthodontic treatment is generally considered as a non-essential & elective cosmetic procedure, as such, not many dental insurance plans cover braces or 'premium' treatments such as Invisalign.

In certain select cases, where the misalignment of teeth is severe enough to the point where it is causing severe oral health issues such as tooth grinding, tooth decay, gum disease or jaw pain, medical insurance plans may cover the use of braces as a medically necessary procedure to address and treat those aforementioned oral health issues.

Additionally, patients who have suffered from an accident which causes them to require braces may also be eligible for coverage as well.

In any case, patients will need a dentist to medically endorse their claims as most insurance plans only cover medically necessary dental procedures.

Credit Card Rebates & Instalments

Patients who are clients of certain banks may utilise their respective credit cards to enjoy benefits such as cash backs or rebates and instalment plans.

Some clinics in Singapore do offer 0% interest-free instalment plans with certain partnered banks so be sure to check with your dental clinic to see if they do.

Unfortunately, you cannot use Medisave to claim for braces. As a rule of thumb, **Medisave can only be used for surgical procedures such as dental implant surgery or wisdom tooth surgery** based on the guidelines set out by the Ministry of Health (MOH).



Do braces permanently keep your teeth straight?

Here's what you need to know to maintain straight teeth.

Teeth Can Shift After Braces

Teeth aren't permanently attached to your mouth with braces. They are simply guided in a way to make them straight. When braces are removed, the teeth no longer have that barrier. This can lead to shifting. Often times, they do not shift enough to be noticeable. However, there are some situations that could occur that could turn straight teeth into crooked teeth.

Teeth Grinding and Clenching

This is an oral condition called Bruxism. Many people who become stressed will either grind their top and bottom teeth or clench them together tightly. The act of grinding and clenching can recede the gums. With less gum tissue, teeth aren't as secure as they were before, so they can move easily.

Tooth Loss

When someone loses a tooth, the teeth around it will start to move towards the opening. The only way to prevent this from happening is to have a dentist make a partial denture or put in a dental implant.

Wisdom Teeth

Most people have their wisdom teeth extracted during adolescence because the new teeth can push the other teeth. Anyone who has braces before wisdom teeth appear needs to keep an eye on them to have them extracted as soon as they pose a threat to other teeth.

Gum Disease

This is also known as periodontal disease. It can affect the teeth, gums, and jaw bone. Over time, teeth lose their foundation in the gums. This can cause them to easily move ruining a straight smile.



“

Even after teeth have been permanently locked in their final position, the daily effect of chewing, growing and everyday use can slowly lead to a relapse.

Retainers after braces

After finishing your braces treatment, it's important to wear a set of retainers daily for the first 6 months to a year to hold newly shifted teeth in their final position. This practice helps to expedite the process of permanently locking teeth in their final position and prevent a relapse from occurring.

Even after teeth have been permanently locked in their final position, the daily effect of chewing, growing and everyday use can slowly lead to a relapse. As such, it is essential for patients to closely follow the instructions of their dentist when it comes to retainer use.

Depending on your needs and requirements, your dentists will recommend the right retainer to best address your lifestyle and dental needs.

Patients who neglect wearing their retainers, especially if they just had their braces freshly removed can expect their teeth to relapse back to their former positions. Which will result in all the time, effort and money being wasted as a relapse case will usually require braces treatment to realign teeth once more.

Braces are an investment. You can make that investment last longer simply by doing the following.

- **Wear a retainer.** The retainer will keep your teeth from shifting. Wear it as recommended by your dentist.
- **Keep regular appointments with your dentist.** You should see a dentist every six months. The dentist will be able to look out for signs of wisdom teeth coming through and gum disease. If either of those situations happen, the dentist can recommend next steps to ensure your teeth remain straight.
- **Wear a mouthguard if you suffer from bruxism.** If you grind or clench your teeth, wear a mouthguard at night. A dentist can have one made for you that fits your mouth, making it more comfortable.
- **Practice good oral hygiene.** Remember to brush and floss your teeth three times a day after meals. This will keep your teeth and gums healthy and strong.



Getting started on your braces journey



First Appointment

During your initial appointment, our dentist will conduct a **thorough examination of your teeth and x-rays** in order to determine if you are suitable for braces treatment and to better understand the orthodontic corrections to be made in order to better improve your smile.

After this initial consultation, the dentist will fabricate a custom treatment plan that will best meet the needs of your case.



Treatment Planning

Treatment planning will be done after your initial consultation.

This treatment plan will be created specifically to address your needs and requirements as each mouth is unique and treatment must be customised to the patient to achieve the desired results.



Placing the Braces

After the treatment plan is complete, we'll schedule you for another appointment. This appointment begins with **thorough scaling and polishing and cleaning of your teeth.**

After the cleaning, the teeth are prepared for bonding, and then brackets are cemented to the teeth based on positions predetermined in the treatment plan by the dentist.

Once brackets have been securely cemented in place, the archwire is placed into the brackets and held in place by the bracket doors.

The entire duration of braces treatment typically ranges **between 18 – 24 months**, depending on the complexity of the case.

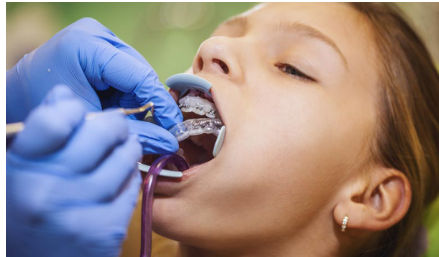


Oral Care with Braces

Bracket & oral care is an essential part of successful braces treatment.

As such, the dentist will go over the basics of bracket care and oral care with braces, how to brush your teeth, and the correct kind of toothpaste to use.

We'll provide you with some spindle brushes to help you remove food particles when they get caught between the braces and your teeth.



Adjustments

4 weeks after placing your braces, we'll schedule you in for your first adjustment session (**You'll come back once a month for regular adjustments and checkups**).

During an adjustment, the dentist will change the archwire as planned in the treatment plan to continue to move the teeth to progress towards the desired final result.

During braces treatment, it's essential for patients to come for their regular appointments as the braces make it difficult for patients to thoroughly clean their teeth on their own, but dentists are trained in cleaning around the braces and will help ensure adequate oral health during braces treatment.



Finishing Up

After completing your braces treatment, the dentist will **take a final mould of your teeth to create an orthodontic retainer** for you to help keep your shifted teeth in place.

Patient compliance with retainer wear is essential for long term braces treatment success as the lack of wearing retainers will result in a relapse, where teeth will start to revert back to its previous position.

What retainer options do you have after braces?

Here we will look at why retainers are an **essential** portion of any orthodontic treatment and the **2 types of retainers** available.

Generally, retainers can be split into 2 main categories; **removable & non-removable/permanent retainers**. Based on the types of orthodontic treatment that you've undergone (Braces, Invisalign, etc) your dentist will advise you on the best type of retainers to suit your needs, requirements and accommodate any existing conditions that you may have.

Retainers help keep newly adjusted teeth in their place after they've been straightened by Invisalign, braces or any other type of orthodontic treatment. It typically takes six to twelve months for teeth to become permanently fixed in their new position.

During this time, your teeth will constantly try to shift back to their original position, this is also known as a **relapse**. In order to prevent a relapse from occurring, you will need to diligently wear your orthodontic retainers as instructed by your dentist.

Patients will need to wear retainers to maintain the results of their orthodontic treatment.



More about retainers

Hawley Retainers

These types of retainers are commonly also known as wire retainers. Hawley retainers are a type of removable retainer that's typically made from a thin piece of metal wire and a piece of plastic that's shaped to fit the roof of your mouth or along the inner surface of teeth on the lower jaw. The metal wire is attached to the plastic and runs across the outer surface of your teeth to maintain the alignment of teeth after orthodontic treatment.

Average cost ranges from about \$400 - \$600 per retainer



Clear Plastic Retainers

These type of removable retainers that are made from an FDA approval clear plastic that has been heated and vacuumed fitted through the use of a dental thermoformer in order to perfectly fit the shape and position of your teeth. They're commonly known as clear retainers or 'invisible' retainers.

Zendura, Duran and Essix retainers: \$500 - \$800 for a set of 2 arches. Vivera retainers (Usually made in a set of 3 retainers): \$1000 per set.



Permanent Retainers

Permanent Retainers are cemented directly onto the inner surface of front teeth in order to prevent teeth from shifting. The main component of a permanent retainer would be a solid or braided wire that is fitted to shape your straightened teeth. Permanent retainers cannot be removed without the help of a dentist.

Average cost of a permanent retainers ranges between \$500 to \$750.



FAQs

Here are some commonly asked questions that our dentists get about braces. If you have any other questions, feel free to email us at enquiry@nofrillsdental.com

Do I need to visit my dentist after getting my braces?

Yes! Absolutely! When you have your braces on, it's mandatory for you to come in for monthly adjustments & regular cleaning sessions. During each adjustment session, the dentist will change the archwires and 'tighten' the braces as detailed in the treatment plan, moving the teeth towards the desired final outcome.

Moreover, maintaining good oral health while on braces is essential, these regular cleanings will help you avoid tooth decay, gum disease, and other oral health issues.

Will braces affect my lifestyle?

During the first few days of wearing braces, your teeth may be a little tender, or you may feel some pain. This will soon pass as you get used to your braces. If necessary, take a mild painkiller, such as Paracetamol.

The braces may rub your lips, cheeks or tongue and cause ulcers. Your dentist can provide you wax or mouth gel to treat the ulcer.

You may lisp for the first few days. Only by wearing your braces full-time will your speech return to normal.

If you play contact sports or a musical instrument, let your dentist know.

What to do if I notice broken braces or wires?

Braces and wires should be checked daily after cleaning. If you find loose or broken wires or bands, please call the clinic immediately to book an appointment. Do not wait until your next appointment. Broken wire or braces can cause teeth to move in the wrong direction and hence prolong the treatment time unnecessarily.

Which type of braces is the most discrete?

Generally speaking, the 3 main forms of 'discrete' braces include ceramic braces, lingual braces and Invisalign clear aligners (Not braces). All 3 options have varying levels of discreteness, with lingual braces and Invisalign offering patients a solution that is virtually invisible.

Ceramic braces are made from a tooth-coloured ceramic brackets and utilise thin clear or metal archwires which make them less visible than conventional metal braces at a glance. This type of braces can still be seen and aren't invisible by any means. But they do offer patients a more discrete option when it comes to straightening their teeth. Ceramic braces are popular among patients who dislike the metallic look of conventional metal braces.

Lingual braces are the most discrete type of braces as they're attached to the inner surface of teeth, hence providing patients with a virtually invisible solution when it comes to straightening their teeth. However, lingual braces are only suitable for certain types of malocclusion cases, are the most expensive type of braces option and have been known to be very uncomfortable.

Invisalign clear aligners are by far the most aesthetic option when it comes to orthodontic treatment as it provides a very natural appearance. The Invisalign system utilises a series of clear plastic aligners that are worn over teeth. Invisalign is without a doubt the 'invisible' alternative to braces when it comes to straightening teeth.

In Summary

There are different kinds of braces that address the different needs, budgets, lifestyles and requirements of patients. Understanding which braces is right for you will determine the success of your treatment.

Braces are not cheap but that doesn't mean they can't be affordable with the average cost of braces in Singapore ranging between \$3,500 – \$6,500. Various dental payment plans are available, at the discretion of the dentist and dental clinic.

Generally, insurance plans can't be used to cover braces treatments, unless it's been deemed medically necessary by a dentist. Additionally, Medisave cannot be used to offset the cost of braces treatment either.

Lastly, diligent retainer wear is the most important final step that will determine the long term success of your braces treatment. Patients who fail to wear their retainers as instructed by their dentist are at risk of relapse, which will throw away all the effort, time and money sunk into braces treatment.

If you'd like to speak to us about getting started with braces, you can drop us an email at enquiry@nofrillsdental.com or give us a call at **9007 1085**.



Speak to an experienced braces dental provider who'll answer all your questions.

Find a dentist – We would suggest you to send an enquiry to a few dentists or orthodontists. This allows you to find someone who is able to answer all your queries, and who will discuss all the possible treatment options available for you.

CHOOSING THE RIGHT DENTIST

When it comes to selecting the right dental provider in Singapore for your orthodontic braces treatment, it's important to choose a dentist that you can establish good communication with. Good communication is a key determining factor for a smooth, comfortable and successful braces journey.

Choosing the right dentist will ultimately determine the overall success of your braces treatment. As such, the dentist that you pick should fulfil a number of criteria including but not limited:

- Experience with orthodontic braces
- Good communicator (well-versed in explaining every aspect of treatment to you, allowing you to make informed decisions when it comes to your future smile)
- A strong support team to support you every step of the way

We would also suggest for you to send enquiries to a few dentists or orthodontists.

This will allow you to find someone who is able to answer all your queries, discuss all the possible treatment options available for you besides braces.

At the end of the day, the right dentist for you is the one who will lay out all your treatment options on the table, allowing you to make informed decisions while ensuring that your entire treatment process is as enjoyable, comfortable and as hassle-free as possible.

We believe that good communication between you and your dentist is the best way to ensure a smooth and successful treatment.

In addition, please only proceed with the treatment if you are fully comfortable with the treatment plan proposed by your dentist.



 invisalign
PROVIDER



About Us

NoFrills Dental aims to provide accessible, affordable and no-frills dental care for people of all ages in a clean and comfortable environment.

“NoFrills Dental is the one-stop solution for all your dental needs.”

NoFrills Dental was founded in 2016 by a team of like-minded dental professionals with more than 20 years of experience in dentistry.

We believe your teeth and gums should look and feel great—that’s why we use world-class technology in everything we do, from crafting fillings, straightening smiles, to restoring new teeth. We bring together experienced minds and progressive technologies to transform your smile.

We take great pride in delivering a holistic dental experience through our professional excellence, quality materials, dental technologies and high standards of infection control. The driving factor of our success is the passion to serve with the highest level of empathy, compassion and professionalism by our experienced dentists and dedicated support staff, to provide the best dental care and patient experience at affordable prices.

NoFrills Dental was created with the singular goal of providing accessible and affordable dental care for everyone. With the core belief that everyone deserves a perfect smile, we provide patients with a holistic dental experience paired with clinical excellence to support all of their dental needs.

It is with this belief in mind that we ensure each and every one of our patients the peace of mind that they’re being treated by dedicated professionals who have their best interests at heart. We bring together experienced dental practitioners and progressive dental technology to transform your smile.

NoFrills Dental is a company with a big heart and even bigger ambition to improve oral health wherever we are. We are passionate about delivering patient-focused dental care and oral wellness programs.



DR KENNETH SIAH

Medical Director

Dr Kenneth Siah is currently a Medical Director and Dental Surgeon at NoFrills Dental. He graduated with a BDS from NUS DENTAL school in 2001. Upon graduation, Dr Kenneth Siah served as a dental officer in the Singapore Armed Forces and worked with the Nation's dental surgeon officer dealing with community dental needs.

Upon completion of his bond, Dr Kenneth Siah spent two years working as a consultant to a German dental lab, gaining much insight into dental aesthetics and design. Dr Kenneth Siah is also an Invisalign-certified dental surgeon and uses combination of disciplines to create your custom smile.

His demands for a functional occlusion (bite) also pushed him to expand and deepen his knowledge of dental implants and surgery through overseas courses and conferences. Dr Kenneth Siah's professional interests as a dental surgeon lie in the diagnosis and management of cracked teeth, implants and wisdom teeth removal. He credits his love for surgery stemming from the nurturing attitudes of his mentors.



DR DANESHKUMAR

Medical Director

Dr Danesh is a Medical Director and Dental Surgeon at NoFrills Dental. He graduated from the University of Sydney with a Bachelor of Dentistry. Cheerful and keen to serve the community in all areas of Dentistry. Good knowledge of dental treatments and trained in dealing with patients with dental phobia and dental anxiety.

Dr Danesh is calm and easy to talk to with the ability to make anyone from kids to seniors feel at ease. His professional interests lie in the diagnosis and management and treatment of patients who suffer from malocclusion.

He believes strongly in our motto that everyone deserves a perfect smile. No case is too big or too small for Dr Danesh. His passion in dentistry stems from his strong sense of wanting to help those in need of good dental care.



DR JOSHUA CHONG

Medical Director

Dr. Joshua Chong is a Medical Director and Senior Dentist at NoFrills Dental. He graduated from the University of Queensland with Honours in 2014. Following a year of private practice in Australia, he moved to Singapore and continued to work in the private sector.

Dr. Joshua Chong understands that visiting the dentist can be very daunting for some. So he aims to provide a calm environment and practice pain-free dentistry, taking the time to ensure that patients are comfortable and well informed throughout their visit. Dr. Joshua Chong believes in minimally invasive approach and preventive dentistry. He currently provides a range of dental procedures and particularly takes an interest in restorative dentistry and root canal treatment.



DR ALEX DOVBAN

Senior Dental Surgeon

Dr Alex SM Dovban is a passionate practitioner of Dentistry and a firm believer in providing quality and holistic dental care with compassion and integrity. Dr Alex SM Dovban received his Bachelor of Dental Surgery (BDS) with Honours from Otago University Dental School in New Zealand. Prior moving to Singapore, Dr Dovban was part of Royal Flying Doctors Team in Darwin Northern Territory in Australia.

During this time he managed a wide range of complex restorative and surgical treatments for medically compromised patients at the remote aboriginal communities. He also started practicing Laser Dentistry and CAD CAM technology dentistry at the very beginning of introductions of these technologies into dentistry in a private sector.

He completed his post-graduate degree in Master of Dental Surgery (MDS) in Periodontology and Implantology from National University of Singapore (NUS), during which he treated patients at the National University Hospital (NUH) and National Dental Centre (SGH).



DR BERNICE TAN

Dental Surgeon

Dr Bernice Tan is an associate dental surgeon at NoFrills Dental. She graduated from Queen's University Belfast with a Bachelor of Dental Surgery and has since been practising in the private sector. She has attended multiple courses to ensure she keeps up with the latest developments in dentistry so that her patients always receives the highest standard of care.

Dr Bernice Tan aims to provide dental treatment driven by compassion and empathy, putting patient's interest above all else. She takes her time to listen to all her patient's concerns and is always happy to answer any questions they may have.

Dr Bernice Tan strongly believes that patient education is key to better oral health. Having met her fair share of anxious patients, Dr Bernice understands that the dental environment may appear to be intimidating for some people. Thus, she is always gentle and tries to make the whole treatment process as pain-free as possible.



DR LI KEXIN

Dental Surgeon

Dr Li Kexin is an Associate Dentist at NoFrills Dental. She graduated with a Bachelor of Dental Surgery from King's College London in 2017 and holds a Postgraduate Certificate in Primary Dental Care (Distinction) from the University of Kent.

As a dental surgeon, Dr Li Kexin had previously practiced in a busy NHS practice in the UK before returning to work in Singapore. Dr Li Kexin actively attends courses and takes further education to keep up with the times and enhance her dental skills.

Having practised in a clinic with a high proportion of anxious, elderly and high needs patients, Dr Li Kexin is experienced in patient management and treats all her patients with empathy, patience and care.

She believes that positive experiences in the dental setting goes a long way and she aims to provide quality dental care tailored to every patient's individual needs.



DR MARCEL FUNG

Senior Dental Surgeon

Dr. Marcel Fung is a dental surgeon at NoFrills Dental. He graduated from Manchester University in the United Kingdom in 1999 with Bachelor of Dental Surgery (BDS). Dr. Marcel Fung has also achieved a Diploma in Postgraduate Dental Studies (DPDS) from Bristol university in 2008.

Dr. Marcel Fung completed the world renown implantology training program helmed by world famous, Dr. Hilt Tatum in 2007. Subsequently, Dr. Marcel Fung has also participated in a series of implant training programs by Osstem Dental and at the Malo Clinic in Portugal (All-on-4 Surgical Protocol) to further enhance his dental implant placement skills. Moreover, he is also an active user of the All-on-4 Nobel Biocare Dental Implant system, which allows patients to achieve a brand new smile and beautiful set of teeth on the same day.

On top of clinical dentistry, Dr Marcel Fung has also been involved with post graduate dental training in London for the last 6 years. He was a dental trainer for freshly qualified dental practitioners for the London Dental Deanary. This experience has allowed him to pass his extensive knowledge in dentistry to the next generation of dentists.



Our team of experienced dentists are fully dedicated to providing patients with high-quality and affordable dental care.

Our dentists are well-versed in the orthodontics, and highly adept in producing aesthetic & highly satisfactory final outcomes.



NOFRILLS DENTAL @ MARINA SQUARE

Located in Marina Square, this dental clinic is located right above **Esplanade MRT Station (Exit B)**. The clinic services the needs of patients working in the Raffles City and Marina areas.

NoFrills Dental at Marina Square is located right above Esplanade MRT station (Exit B), providing our patients with greater convenience.

The dental clinic is supported by a team of experienced general dentists, well-trained to treat a wide range of dental and oral health issues, with a strong focus on aesthetic dentistry such as Invisalign treatment and orthodontic braces.

The dental clinic is well equipped with technologies such as X-rays and intra-oral scanners like the iTero Elements 2. We've also partnered with a variety of corporate and private insurance companies for the convenience of our patients.



6 Raffles Boulevard, #B1-11, Marina Square (Exit B, Esplanade MRT Station)
Singapore 039594

Email: marinasquare@nofrillsdental.com.sg
Telephone: 6227 8885

Monday - Friday:

Saturday:

Sunday & Public Holiday:

10am – 7pm

10am – 5pm

By Appointment



NOFRILLS DENTAL @ SUNTEC CITY

Located in Suntec City, this dental clinic is situated between **Promenade MRT Station** and **Esplanade MRT Station**. Servicing the needs of patients working around the Suntec City area.

NoFrills Dental at Suntec City is a one-stop dental clinic that provides affordable dental services for all types of patients. The clinic aims to offer high-quality services at affordable prices, serving the needs of patients in the Suntec City area.

The clinic offers a large variety of professional dental services, from general dentistry procedures such as scaling and polishing, pain management and wisdom tooth extractions, to more complex procedures such as Invisalign treatment, dental implants and orthodontic braces. Our resident dentists at NoFrills Dental @ Suntec City are experienced in restorative dentistry such as dental implants, dental crowns and dental bridges.



3 Temasek Boulevard, #03-317, Suntec City North Wing, Between Tower 1 & 2, Lobby H, Singapore 038983

Email: suntec@nofrillsdental.com.sg

Telephone: 6337 7319

Monday - Friday:

Saturday:

Sunday & Public Holiday:

10am – 7pm

10am – 5pm

By Appointment

Affordable Solution For Misaligned Teeth.

Looking for an affordable solution to treat crooked or misaligned teeth?

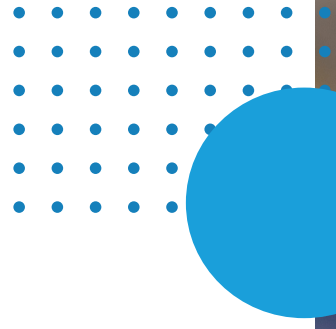
At NoFrills Dental, we aim to provide patients with high-quality dental services while maintaining affordable prices for the masses in Singapore.

We've priced our braces to cater to the different needs and budgets of all of our patients.

Having said this, the cost of any orthodontic treatment is highly dependant on the current conditions of your teeth, the complexity of the case, and the type of braces used for treatment.







Great People. Great Patients. Great Service.

At NoFrills Dental, we strive to achieve consistently great patient care in every aspect of our practice.





let's get started on your
**BRAND NEW
SMILE**