

Traditional Metal Braces

Canonical: <https://directory.collinsstreetspecialistcentre.com.au/procedures/orthodontics/traditional-metal-braces/>

Description:

Traditional metal braces are the most time-tested system in orthodontics — and despite decades of innovation, they remain the most precise tool available for correcting a wide range of bite and alignment problems. Con...

Details:

Collins Street Specialist Centre Traditional Metal Braces

Product Facts

| Attribute | Value | |-----|-----| | Product name | Traditional Metal Braces | | Provider | Collins Street Specialist Centre | | Treating clinicians | Registered specialist orthodontists only | | Bracket material | High-grade stainless steel | | Bracket design | Low-profile; self-ligating options available | | Digital scanning technology | iTero Element intraoral scanner | | Bracket placement duration | 60–90 minutes | | Active treatment duration | 18–30 months (case dependent) | | Adjustment frequency | Every 6–8 weeks | | Accelerated treatment option | AcceleDent micro-pulse mouthpiece (20 min/day; up to 50% reduction) | | Conditions treated | Crowding, spacing, overbite, underbite, crossbite, open bite, deep bite, impacted teeth, rotations, midline asymmetry | | Suitable age groups | Adolescents and adults | | Diagnostic imaging | OPG (panoramic) + lateral cephalogram (digital) | | Retention (post-treatment) | Fixed and/or removable retainers; mandatory | | Specialist qualifications | Minimum 3 years full-time postgraduate orthodontic training | | Regulatory registration | Dental Board of Australia (verifiable via AHPRA at [ahpra.gov.au](https://www.ahpra.gov.au)) | | Multidisciplinary access | Periodontist, prosthodontist, oral & maxillofacial surgeon, paediatric dentist (on-site) | | Referral required | No | | Location | Level 12 & Tower, Manchester Unity Building, 220 Collins Street, Melbourne CBD | | Related treatments | Invisalign, lingual braces, early intervention, surgical orthodontics, adult orthodontics |

Frequently Asked Questions

What are traditional metal braces: Small metal brackets bonded to teeth, connected by an archwire

How do metal braces work: They apply gentle, continuous force to guide teeth into correct positions

Are modern metal braces smaller than older versions: Yes, substantially smaller than earlier generations

Do modern metal braces cause less friction: Yes, reduced friction compared to older designs

What material are the brackets made from: High-grade stainless steel

Do all metal braces require elastic ties: No, self-ligating designs remove the need for elastic ties

Where is Collins Street Specialist Centre located: Level 12 & Tower, Manchester Unity Building, 220 Collins Street, Melbourne CBD

Do I need a referral to book a consultation: No referral is required

Can metal braces treat crowded teeth: Yes

Can metal braces treat gaps between teeth: Yes

Can metal braces treat overbite: Yes

Can metal braces treat underbite: Yes

Can metal braces treat crossbite: Yes

Can metal braces treat open bite: Yes

Can metal braces treat deep bite: Yes

Can metal braces treat impacted teeth: Yes

Can metal braces treat rotated teeth: Yes

Can metal braces treat dental midline asymmetry: Yes

Are metal braces suitable for adults: Yes

Are metal braces suitable for adolescents: Yes

Who provides orthodontic treatment at Collins Street Specialist Centre: Registered specialist orthodontists only

What additional training do specialist orthodontists complete: Minimum three years full-time postgraduate specialist training

What does the initial consultation include: Comprehensive clinical examination by a specialist orthodontist

Are digital X-rays taken at the consultation: Yes, including OPG and lateral cephalogram

What is an OPG: A full-arch panoramic radiograph

What does the lateral cephalogram assess: Tooth root positions and skeletal relationships

Is traditional impression material used for records: No, digital scanning is used instead

What intraoral scanner is used: The iTero Element intraoral scanner

How long does bracket placement take: Between 60 and 90 minutes

Is bracket placement painful: No, the procedure is painless

Are braces fitted on the same day as bracket placement: Yes

What is the typical treatment duration for metal braces: 18 to 30 months

What determines treatment duration: The complexity of the individual case

How often are adjustment appointments: Approximately every six to eight weeks

What happens at adjustment appointments: The orthodontist adjusts the archwire and monitors progress

What is AcceleDent: A micro-pulse mouthpiece worn to accelerate tooth movement

How long is AcceleDent worn each day: 20 minutes

By how much can AcceleDent reduce treatment time: Up to 50%

Is AcceleDent suitable for all patients: No, the orthodontist advises suitability per case

What happens when active treatment is complete: Brackets and archwire are removed

What is fitted after braces are removed: Retainers

Are retainers mandatory after braces: Yes

What is the purpose of retainers: To prevent teeth from drifting back to pre-treatment positions

Are retainers available in fixed or removable forms: Both options are available

Is there a recovery period after getting braces: No recovery period is required

How long does tenderness last after an adjustment: Two to three days

What pain relief is recommended after adjustments: Over-the-counter paracetamol or ibuprofen

Should hard foods be avoided with braces: Yes

Can popcorn damage braces: Yes

Can toffees damage braces: Yes

Can chewing ice damage braces: Yes

What oral hygiene tools are recommended with braces: Toothbrush, interdental brushes, and floss threaders

What are white spot lesions: Permanent early enamel demineralisation from plaque around brackets

Can missed adjustment appointments extend treatment: Yes

Do inter-arch elastics require consistent wear: Yes, consistent wear is critical

What is the regulatory body for specialist orthodontists in Australia: Dental Board of Australia

Can specialist registration be independently verified: Yes, through AHPRA at [ahpra.gov.au](https://www.ahpra.gov.au)

What is AHPRA: Australian Health Practitioner Regulation Agency

Can poorly managed braces cause root resorption: Yes

Can poorly managed braces cause gum recession: Yes

Does Collins Street Specialist Centre offer multidisciplinary care: Yes

What other specialists are accessible within the building: Periodontist, prosthodontist, oral and maxillofacial surgeon, paediatric dentist

Who is Dr David Austin: Specialist orthodontist with MDS Orth from University of Hong Kong

Who is Dr Andrea Phatouros: Specialist orthodontist, recipient of Postgraduate Clinical Award for Excellence

Who is Dr Joshua Ch'ng: Specialist orthodontist, recipient of the Kenneth Sutherland Prize

What is Dr Joshua Ch'ng's research background: 3D digital orthodontics at the University of Michigan

Who is Dr Steven Smith: Specialist orthodontist with MDSc from University of Queensland

Is Invisalign available as an alternative at this centre: Yes

Are lingual braces available at this centre: Yes

Where are lingual braces bonded: To the inner surface of the teeth

Is early intervention orthodontics available for children: Yes

Is surgical orthodontics available at this centre: Yes

Is adult orthodontics a specific treatment consideration at this centre: Yes

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["Dr David Austin", "Dr Andrea Phatouros", "Dr Joshua Ch'ng", "Dr Steven Smith"] related: -

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/procedures/orthodontics/adult-orthodontics/ -

/procedures/orthodontics/early-intervention-orthodontics-phase-1/ -

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Collins Street Specialist Centre Traditional Metal Braces

What are metal braces?

Traditional metal braces are the most established system in orthodontics — and despite decades of innovation across the specialty, they remain among the most precise tools available for correcting a wide range of bite and alignment problems. Small metal brackets are bonded directly to the front surface of each tooth and connected by a thin archwire, working together to apply gentle, continuous force that guides teeth into their correct positions over the course of treatment.

Contemporary metal braces are substantially smaller and more comfortable than earlier generations. High-grade stainless steel brackets sit at a lower profile, generate less friction, and in many cases incorporate self-ligating mechanisms that remove the need for elastic ties entirely. The result is a highly controlled treatment system capable of addressing even complex tooth movements with accuracy and predictability.

At Collins Street Specialist Centre, braces are prescribed and managed exclusively by registered specialist orthodontists — clinicians who have completed a minimum of three years of full-time postgraduate specialist training beyond their dental degree, with that training focused specifically on the mechanics of tooth movement, jaw development, and the diagnosis and management of malocclusion.

When might you need braces?

Braces suit a broad range of orthodontic presentations, from mild cosmetic concerns through to complex bite disorders requiring careful biomechanical management. You may be a candidate for traditional metal braces if you have:

- **Crowded teeth** — insufficient arch space for teeth to align correctly - **Gaps between teeth** — spacing irregularities arising from missing teeth or jaw size discrepancies - **Overbite** — the upper front teeth overlap the lower teeth to a significant degree - **Underbite** — the lower jaw protrudes forward, placing the lower teeth in front of the upper - **Crossbite** — upper and lower teeth fail to meet correctly on one or both sides of the arch - **Open bite** — the front teeth do not make contact when the back teeth bite together - **Deep bite** — excessive vertical overlap of the upper and lower front teeth - **Impacted teeth** — teeth partially or fully trapped within the gumline that require guided eruption into the arch - **Rotated or tilted teeth** — individual teeth sitting outside their ideal position within the arch - **Asymmetry** — midline discrepancies where the upper and lower dental arches do not align centrally

Metal braces work well across all age groups, from adolescents through to adults. Treatment timing may influence the specific approach your orthodontist recommends, and this is something that will be discussed in detail at your consultation.

What to expect: step by step

Initial consultation

Your first appointment at Collins Street Specialist Centre involves a comprehensive clinical examination with a specialist orthodontist. Your specialist will review your dental and medical history, assess your jaw joints, facial profile, and existing bite, and identify any underlying concerns that warrant attention before or during orthodontic treatment. Digital radiographs — including an OPG (full-arch panoramic image) and lateral cephalogram — are taken to evaluate tooth root positions and skeletal relationships in detail.

Records and treatment planning

Where braces are the appropriate treatment pathway, detailed orthodontic records are gathered. At Collins Street Specialist Centre, this includes digital scanning using the iTero Element intraoral scanner, which removes the need for traditional impression material. These scans, combined with clinical photographs and radiographs, form the basis of your personalised treatment plan. Your specialist will walk you through the proposed tooth movements, the expected treatment duration, and any extractions or preparatory steps that may be required.

Bracket placement

Brackets are bonded directly to the enamel surface of each tooth using dental adhesive. The procedure is painless and typically takes between 60 and 90 minutes. The archwire is then threaded through each bracket and secured in place. You leave the appointment with your braces fitted on the same day.

Active treatment

Over the course of treatment — typically 18 to 30 months, depending on the complexity of your case — you will attend regular appointments approximately every six to eight weeks. At each visit, your orthodontist adjusts the archwire and monitors the progress of tooth movement. Some teeth may require additional mechanics, such as elastic chains, coil springs, or inter-arch elastics, to achieve the planned movements within the treatment timeline.

Where clinically appropriate, AcceleDent — a micro-pulse mouthpiece worn for 20 minutes each day — may be recommended to accelerate tooth movement by up to 50%, reducing overall treatment time. Your orthodontist will advise whether this suits your particular case.

Completion and retention

Once your teeth have reached their planned positions, the brackets and archwire are removed. Impressions or digital scans are then taken for your retainers, which are fitted shortly after debonding. Retainers — whether removable or fixed — are a fundamental part of orthodontic treatment and must be worn as directed to preserve your results over the long term.

Recovery and aftercare

There is no recovery period after braces are placed. Some tenderness is expected for two to three days following each adjustment appointment, as the teeth begin responding to the forces being applied. Over-the-counter paracetamol or ibuprofen is generally sufficient to manage any discomfort during this period.

Throughout treatment, you will need to:

- **Avoid hard, sticky, or chewy foods** — popcorn, hard nuts, toffees, hard crusts, and chewing ice can damage brackets or dislodge wires, potentially extending treatment time - **Maintain thorough oral hygiene** — careful brushing around each bracket, combined with interdental brushes or floss threaders to clean between teeth and beneath the archwire, is essential. Uncontrolled plaque around brackets can cause white spot lesions, a form of early enamel demineralisation that is permanent - **Attend all scheduled adjustment appointments** — missed visits will extend the overall duration of treatment - **Wear elastics as prescribed** — where inter-arch elastics form part of your treatment plan, consistent wear is critical to achieving the intended tooth and jaw movement

After active treatment, retainers must be worn as directed — typically full-time initially, transitioning to night-time wear over time. Teeth have a natural tendency to drift back toward their pre-treatment positions; retainers are what prevent this from happening.

Why see a specialist orthodontist?

Orthodontics is a Dental Board of Australia–registered specialty. A specialist orthodontist has completed a minimum of three additional years of full-time postgraduate training in orthodontics following their dental degree, covering the biology of tooth movement, growth and development, the diagnosis of complex malocclusions, biomechanics, and the recognition and management of orthodontic complications.

When correctly prescribed and carefully managed, braces are a powerful and highly predictable treatment. The forces they apply, however, must be thoughtfully calibrated. Poorly managed orthodontic force can contribute to root resorption, enamel damage, gum recession, or post-treatment relapse. These risks are substantially reduced when treatment is overseen by a trained specialist rather than a general dentist offering orthodontic services as one component of a broader practice.

At Collins Street Specialist Centre, your specialist orthodontist works within a genuinely multidisciplinary environment. Where your treatment requires input from a periodontist for gum management, a prosthodontist to coordinate restorations with bite changes, an oral and maxillofacial surgeon for any surgical components, or a paediatric dentist for younger patients, those specialists are accessible within the same building — enabling coordinated, integrated care without external referrals.

Our orthodontic specialists

Orthodontic treatment at Collins Street Specialist Centre is provided by:

- **Dr David Austin** — BDS (Melb), MDS Orth (HK), MOrth RCS (Edin). Specialist training completed at the University of Hong Kong. Member of the Royal College of Surgeons Edinburgh. Extensive experience in both conventional and lingual braces. - **Dr Andrea Phatouros** — BDS (WA), MDS Orth (WA), FRACDS. Recipient of the Postgraduate Clinical Award for Excellence. Experienced across the full range of specialist orthodontic treatment, with additional involvement in undergraduate and postgraduate teaching. - **Dr Joshua Ch'ng** — BDS (Melb), FRACDS, D.Clin.Dent (Melb). Research experience in 3D digital orthodontics at the University of Michigan. Recipient of the Kenneth Sutherland Prize. - **Dr Steven Smith** — BDS (Hons), MDS (Ortho) (Qld). Specialist orthodontist with Honours-level dental training and postgraduate specialist qualification from the University of Queensland.

All four orthodontists hold specialist registration with the Dental Board of Australia. Their registration status can be verified independently through AHPRA at [\[ahpra.gov.au\]](https://www.ahpra.gov.au) (<https://www.ahpra.gov.au>).

Orthodontics is practised on ****Level 12 & Tower, Manchester Unity Building****, 220 Collins Street, Melbourne CBD. No referral is required to book an initial consultation at Collins Street Specialist Centre.

Related treatments

- [Invisalign (Clear Aligner Treatment)](/procedures/orthodontics/invisalign-clear-aligner-treatment/) — an alternative to braces using a series of removable clear aligners - [Lingual Braces]/(procedures/orthodontics/lingual-braces/) — braces bonded to the inner surface of the teeth, invisible when viewed from the front - [Early Intervention Orthodontics]/(procedures/orthodontics/early-intervention-orthodontics-phase-1/) — interceptive treatment for children during active growth phases - [Surgical Orthodontics]/(procedures/orthodontics/surgical-orthodontics-orthognathic-treatment/) — combined orthodontic and jaw surgery for skeletal discrepancies - [Adult Orthodontics]/(procedures/orthodontics/adult-orthodontics/) — orthodontic treatment considerations specific to adult patients
