

## **About Sight and Smile Centre**

Sight and Smile Centre is a state-of-the-art eye and dental care facility established in 2008 in the heart of the Indian capital, New Delhi with the aim of providing world-class healthcare services at affordable costs to all sections of society. Located in Central Delhi, 100 metres from the Patel Nagar Metro station (on the blue line of the Delhi Metro transit system), the facility is also easily approachable by road. Vehicle parking facility is available. Spread over an area of 7200 sq ft, the centre is fully air-conditioned and has an elevator facility for patient convenience. It complies with all fire safety regulations. The comforting ambience, the warm atmosphere and cleanliness make it stand apart. Medical records of patients are maintained for future reference. The facility prides itself in having a fully-equipped ultra-modern eye operation theatre, which is one of the largest in the city. The centre is registered with the Directorate of Health, Govt. of NCT of Delhi and functions from 9 am to 9 pm (Monday - Saturday). Emergency services can be availed round-the-clock. Dr. Pankaj Malik heads the eye department while Dr. Jyoti Malik heads the dental department. It is our constant endeavour to provide such preventive and restorative services to patients that they have the best of sight and smile.



**Website: [www.sightandsmilecentre.com](http://www.sightandsmilecentre.com)**

**Address: 3/29, West Patel Nagar, New Delhi-110008**

**Tel: 011-25882945**

**24 hours helpline: 0-85-0605-0705**

**E-mail: [info@sightandsmilecentre.com](mailto:info@sightandsmilecentre.com)**

# **BRACES**

**The tooth straighteners**



**Metallic braces**



**Clear braces**



**Lingual braces**



**Invisible aligners**

## **What are braces?**

**Braces are orthodontic devices that help to align and straighten the teeth with the aim of correcting malocclusion (improper bite) as well as improve dental health and aesthetics.** They are also used in conjunction with other orthodontic appliances.

## **How are braces fixed?**

Braces are fixed with brackets and wires to the front of the teeth.

## **What materials are braces made of?**

Braces are usually made of stainless steel metal. Now-a-days, ceramic (clear) braces that can be matched to the patient's natural teeth are available.

## **How do braces work?**

**Braces exert constant force and pressure on the teeth. This causes the teeth, over a period of time, to move and align into their proper position.**

## **When is treatment with braces started?**

Treatment is usually started at around 12 years of age when all the permanent teeth have erupted. However, it may be started earlier too with other appliances followed later by braces.

## **How long do braces need to be worn?**

Braces remain in place till the completion of treatment, usually for more than a year. The treatment involves monthly visits to the dentist.

## **Special types of braces**

- ♦ **Lingual:** These are fixed braces in which brackets are fixed to the back of the teeth thereby making them invisible to others. They serve as a cosmetic alternative to conventional front-fixed braces.
- ♦ **Invisible aligners:** An advanced 3D computer imaging technology is used to design a series of wafer-thin transparent (and therefore invisible) aligners for each patient. The aligners are changed every 2-3 weeks, each aligner progressively straightening the teeth. Wires and brackets are not used. The aligners can be removed during brushing, flossing and eating thereby ensuring better cleaning of the teeth and gums.