**Cfast Braces**

**What are Cfast Braces?**

Cfast is a simple cosmetic system which uses orthodontic appliances specially designed to straighten the front teeth of adults to provide a significant improvement in the appearance of their smile in a time frame of around 6 months (treatment should take no longer than 9 months but the vast majority are complete in a 4-6 month period). Your dentist will be able to give you a rough idea of how long treatment will take in your case when you attend for your initial consultation

Cfast treatment offers many patients a quick process of having their teeth straightened, who otherwise would have been put off by the lengthy process of traditional orthodontic methods to correct crooked or misaligned teeth.

**Benefits of Cfast**

* Renew your self-confidence
* Improve the appearance of your smile.
* Have a healthier smile – having gaps in your smile can promote the growth of unhealthy bacteria (plaque and tartar) which if left untreated, can lead to tooth decay and gum disease.
* Chew and smile with confidence and ease.
* Misaligned teeth can cause speech impediments – Six Month Smiles can help to improve your speech.

**What is the procedure in having a Cfast Brace Fitted?**

At Bear Cross Dental, we follow a programme using high tech methods to move your teeth in a rapid but safe manner. Because it focuses only on moving those teeth which show when you smile, the process is kinder and quicker than with regular braces. The steps in the programme are as follows:

* **Consultation:** During your first appointment, the dentist will gather information from you about what you would like to achieve. They will check with x-rays, photographs and impressions that your teeth are suitable for the treatment and are clinically sound.
* **Fitting:** Fitting is performed by your dentist and will see your new Six Month Smiles braces fitted perfectly to your teeth so they are ready to move the target teeth into their new positions.
* **Check-ups:** Over the course of the six months, patients are asked to return on average once a month for checking and adjusting the braces.
* **Removal:** Once the six months is up, you can go and have your braces removed, where you will be fitted with a retainer to avoid the teeth relapsing into their original positions. This is usually a bonded retainer which is fitted to the back of your teeth and completely invisible from outside.

***The treatment uses low force in order to move teeth more comfortably. The treatment places an emphasis on the cosmetic appearance of your teeth rather than on the position of your bite. You will need to visit us every 4-5 weeks for check-ups and adjustments to the brace.***