



Braces Cost & Savings Guide

Every year, millions of Americans get orthodontic treatment. Whether they're seeking a cosmetic enhancement or improving oral health, one thing is certain: Braces are expensive. This guide will go over the cost of braces - and show you all the ways you can save!



How Much Do Braces Cost

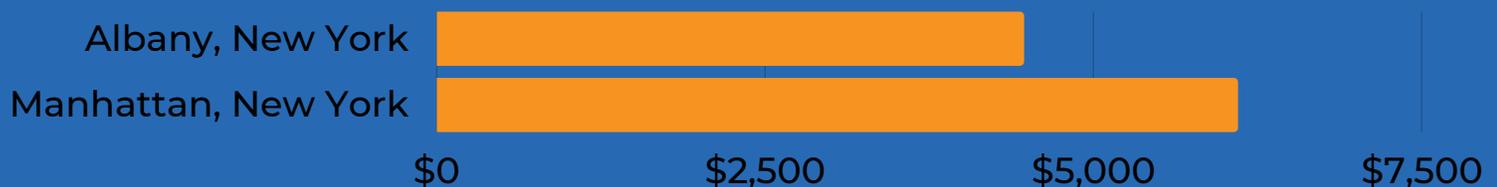
There isn't a standard price for braces. According to a 2018 survey of dental fees by the American Dental Association, the average cost for comprehensive orthodontic treatment for children and adults can be between \$5,000 and \$6,000. Pricing varies by region, age, the types of braces used, and insurance coverage.

Age and Location

Research shows the average cost of adult treatment is consistently higher than the average for children, regardless of location. In most cases adults can expect to pay \$156 to \$600 more for braces than children depending on the treatment and duration of needing to wear braces.

Similar to real estate, orthodontic costs rise along with population density. The larger your urban area, the more you can expect to pay for the same procedure. For example, getting braces in Albany, New York may cost \$4,468 for a single adult, but the same procedure would cost \$6,097 in Manhattan. If you live in a major city, you might consider visiting orthodontists in smaller towns located nearby for potential savings.

Average Cost



Types of Braces

The total cost of treatment mostly depends on the type of braces you select, as well as the length of time you wear them. Your options will be limited by the types of braces your orthodontist has experience in, as well as your particular alignment problems. Most orthodontists offer free consultations, so you should visit as many different places as you need to find an appropriate price and plan.

Type	Estimated Base Cost
Metal	\$3,000 - \$6,000
Ceramic	\$4,000 - \$8,000
Lingual	\$8,000 - \$10,000
Invisible Aligners	\$3,000 - \$8,000

Metal Braces

Are the oldest and most common type of orthodontic treatment. Universally available, they offer relatively low cost treatment and fast alignment of teeth. Their only drawback is the high visibility of the metal brackets and wires that constitute the system.



Ceramic Braces

They consist of clear or tooth-colored ceramic brackets attached to the surface of your teeth with similarly colored wires and rubber bands, which provide more discretion. However, ceramic brackets are more brittle than metal and also tend to stain noticeably without proper care.



Lingual Braces

Are installed behind the teeth, hiding the braces altogether. But these are even more expensive since they are harder to install and adjust.



Invisible Aligners

Eliminate brackets altogether in favor of clear plastic molds that fit over the teeth. Patients wear each mold for a set time and swap to the next, slightly straighter mold as the teeth align over time. Invisalign can also be removed and replaced by the patient, making it the most comfortable option. The disadvantage here lies in the relative slowness of alignment compared to wires and brackets. Furthermore, wearing Invisalign may not be possible in cases of severe misalignment.



The Cost With Dental Insurance

Because braces are often considered a cosmetic procedure, it's somewhat difficult to find insurance plans that will cover orthodontic treatments, especially types designed to be less visible. Plans that do cover orthodontics will help reduce the final cost, but your choices will likely be limited to the most economical types.

Type	Average Cost With Insurance	Average Cost Without Insurance
Metal	\$1,500 - \$5,500	\$3,000 - \$6,000
Ceramic	\$1,550 - \$5,080	\$4,000 - \$8,000
Lingual	\$5,000 - \$9,050	\$8,000 - \$10,000
Invisible Aligners	\$3,000 - \$5,000	\$5,000 - \$8,000

Additional Ways to Save

Even with dental insurance, you may need to cover some the cost on your own. Here are a few more ways you can save on orthopedic treatment:



Explore your options. Get estimates from more than one orthodontist because you might find that the price of treatment varies. Just make sure you're comparing costs for the same type of treatment.



Ask if there is a payment plan option. Many orthodontists offer flexible payment plans and are willing to work around their patient's budget.



Get a discount. With a [Solstice Dental Discount Plan](#), members can receive up to a 25% discount on orthodontic treatments, regardless of whether or not you have dental insurance..



Seek treatment at a dental school. If you live near a school of dentistry with an orthodontic program, you may save up to 50% off the cost of braces. Treatment is typically provided by dental students who have already had years of experience in private practice and are supervised by a professional.

Your orthodontist will be able to figure out which treatment is right for you or your child. No matter what, there is a treatment plan to help you achieve a great smile! The cost of braces may fluctuate, but with these tips you can find a way to make braces work for your wallet, no matter where you live.