

Accessible Orthodontics



MAKING SMILES STRAIGHT
FOR ADULTS & CHILDREN



New Patient Information Booklet

For more information you can ask our Dental Team during an appointment or visit our website (www.accessible-orthodontics.co.uk)

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INTRODUCTION TO ORTHODONTICS

Orthodontics is a specialty of dentistry: the word comes from the Greek words *ortho* meaning straight and *odons* meaning tooth. Orthodontics is concerned with the study and treatment of malocclusions (improper bites), which may be due to tooth irregularity, disproportionate jaw relationships, or both. Sometimes orthodontic treatment can be carried out for purely aesthetic reasons - improving the general appearance of Patients' teeth and face for cosmetic reasons.

Orthodontic treatment, as a general rule, will focus on a range of structural issues affecting the teeth and jaw. That is, treatment is often prescribed for practical reasons, providing the Patient with a functionally improved bite (*occlusion*).

Methods

If the main goal of your Treatment is dental displacement, a **fixed multi-bracket** is the therapy tool most commonly used. In such a case orthodontic wires are inserted into dental braces, which can be made from stainless steel or a more aesthetic ceramic material. Sometimes removable **appliances**, or "plates" and **expansion appliances** can be used.

Functional and orthopedic appliances are used in growing Patients (age 5 to 13) with the aim to modify the jaw dimensions and relationship if these are to be altered. That form of therapy is frequently followed by a fixed multi-bracket therapy to align the teeth and refine the occlusion.

After a course of active orthodontic Treatment, Patients will wear Retainers, which will maintain the teeth in their improved position while the surrounding bone re-forms around them. The Retainers are generally worn full-time for a short period and then worn periodically (typically nightly during sleep) for as long as the Clinician recommends.

Hawley Retainer

Essix/Invisible Retainer

Permanent Fixed Retainer



YOUR TREATMENT OPTIONS

Metallic Braces



Silver colored brackets and wires are fixed to your teeth. Our NHS treatments are done using Metallic braces. Patients can choose elastic bands in their favorite colors, to add some style and a personal touch to their Orthodontic Treatment.

Ceramic Braces



Clear Brackets and Metallic wires are fixed to your teeth. They are much less visible than Metallic Brackets: it is not obvious they are being worn.

Lingual Braces



Brackets and wires are fixed to the back of you teeth. It is totally invisible, no-one need ever know.

Invisalign



Invisalign uses a series of clear aligners that are custom-molded to fit you. The virtually invisible aligners gradually reposition your teeth into a smile you'll be proud of.

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WHAT TO EXPECT AT APPOINTMENTS

1st Consultation Appointment

Before you meet with the Orthodontist you will be required to complete Forms including a Personal Details Form to a Medical History Form. **Please note** that Patients under the age of 18 will need to be accompanied by an adult. All Patients under the age of 18 are entitled to their first Consultation free of charge under the NHS.

You will then be escorted into the Surgery to meet one of our Orthodontists. The Orthodontist will conduct a Clinical Examination, similar to a General Checkup with your Dentist. So long as the assessment shows that a Patient meets criteria set by NHS England then their on-going Treatment will be covered on the NHS.

Prior to your braces going on you will have digital X-rays and Impressions (moulds) taken of your teeth.

Please enquire at Reception regarding a Consultation on a Private basis if 18 and over.

Approx Appointment Length – 25 mins

Fixed Appliance Fitting Appointment (full bands/upper bands/lower bands)

This Procedure is done using various gels, glues and water spray in the mouth. There are no needles involved and the whole process is totally pain free.

Once finished the Orthodontic Nurse will go through a range of instructions with you: it is very important to listen carefully to the instructions. You will then be given a 'New Patient Pack' which includes wax and written instructions.

Approx Appointment Length – 40 mins

Oral Hygiene Appointment (OH Check)

You will only get your Braces fitted if you already have good oral hygiene. Keeping that up will be checked at each appointment. If you are not maintaining sufficient Oral Hygiene, the Nurse will run through some instructions with you using teeth models and toothbrushes. You help your Treatment by following those instructions properly. **NOTE THAT** constantly poor oral hygiene may mean your Braces are removed – you may never get NHS Braces again!

Approx Appointment Length – 5 – 10 mins

Removable Appliance Preparation (Impressions)

You will have more Impressions (moulds) taken of your teeth. These are then sent away to an Orthodontic Laboratory for the Appliance to be made.

Approx Appointment Length – 10 mins

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General 8 Weekly Appointment (Archwire change)

Once an Appliance has been fitted and the Oral Hygiene checked, you will be required to attend Appointments about every 8 weeks, unless requested otherwise by the Orthodontist, or you have a problem in-between Appointments.

Those Appointments consist of general maintenance of the Braces such as removing the existing archwire and replacing it with a stronger one.

Approx Appointment Length – 10 - 15 min

Removal of Fixed Braces Appointment (Bands Off)

Once you (your parent/guardian) and the Orthodontist decide that the Treatment is complete and are both happy that a suitable result has been achieved, the Braces will be removed.

Like all Appointments this is pain free, the brackets and archwire are clipped off using special pliers and the remaining glue removed from the surface of the teeth using a special 'polishing burr'. The polishing burr sounds like a drill, but don't panic it does not cut into the tooth, it only polishes the surface.

While you are still in the chair you will sit up and have Impressions (moulds) taken of you teeth in order for Retainers to be made (and see next heading).

Please note that if you request the Braces to be removed before the Orthodontist agrees that the Treatment is complete an appropriate adult (parent/guardian) must accompany the (under 18 years old) Patient in order to sign an NHS form requesting that the Braces be removed early.

Approx Appointment Length – 25 mins

Removable Appliance Fitting Appointment (Retainer / Appliance inserted)

Around 2 weeks after your moulds are sent to the Laboratory your Appliance will be back at the Surgery ready for fitting. The Orthodontist will check the Appliance is fitting correctly in the mouth and adjust if needed. You will then have the opportunity to practice removing and inserting the Appliance yourself.

The Orthodontic Nurse will then go through a range of instructions with you including caring for your Appliance and how often you should wear it. This will also be given to you in writing.

Your Retainer is the "best friend" of your new smile so treat it well and use it as instructed. NOTE THAT if you need a replacement – for **any** reason – there will be a cost which you will have to pay before new Impressions are taken and new one made.

Approx Appointment Length – 10 mins

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COMMONLY ASKED QUESTIONS

How long will I have to wear my Braces? - It really depends on how much work there is to do and how far your teeth need to be moved. **Fixed Braces** usually take between 18 and 24 months although this can be significantly shorter. **Removable Braces** usually take less time than fixed braces. However they may be used before a treatment starts using fixed braces.

Is putting the Braces on going to hurt? - No! We don't use any needles. The brackets are held onto the tooth surface with special glue.

Are Braces hard to look after? – No! You will receive clear, simple instructions on this AND your own "Oral Hygiene" Information Booklet.

How often should I visit the Orthodontist? – Usually you will have an appointment every 8 weeks. It is **extremely important** that you attend each appointment, otherwise your Braces will not be working effectively.

You should also remember to continue to visit your general Dentist for regular check up appointments.

Will my mouth be sore in between visits? – Your mouth is very sensitive and will take a couple of days to get used to wearing the brace. When first when fitted and also after adjustment appointments, tenderness can occur. In this case see 'Emergency Care / Pain Management' (**Fixed Brace Information Booklet**) for details of what you can or should do.

Will I be able to speak normally? – Sometimes when Braces are fitted, it may affect your speech and cause problems in pronouncing certain words, but within a couple of days most people quickly adapt and begin to speak clearly again. Practice reading, speaking even singing out loud!

Can I play sports while wearing my Braces? – Yes! If you have a removable brace then it is best to take it out while playing any sport. If you have fixed Braces you should wear a special mouth guard over them. Speak with our Nursing or Reception Staff for details.

Can I still play a musical instrument? – Yes! Braces may affect playing wind instruments, although with practice you should get used to it. If problems still occur ask your Orthodontist or Nurse about comfi-lip guards. They are specially designed for Patients who wish to continue to play wind instruments.

Are there costs involved? – For NHS Patients your Braces are not charged to you. If you want consumables like toothpaste, or special brushes etc the cost you pay is clearly displayed.