



**#lovemysmile**

Your guide to orthodontic treatment



#LOVEMYSMILE

WELCOME



# #welcome

Thank you for taking the time to find out more about the many orthodontic treatments we offer at our mydentist Orthodontic Centres. Whether you are a patient or a dentist, we hope to offer you the very highest standards of service and care with our wide range of appliances

**If you have any other questions, remember to get in touch**

# Contents

In this magazine you'll find everything you need to know about your orthodontic journey. Whether you're just starting out, or nearing the end of your treatment, the #lovemysmile magazine is filled with informative articles and advice to guide you through the process.

Make sure you bring this magazine with you when you visit your orthodontist; that way, you can make any notes you need, each time you visit.



## BEFORE TREATMENT

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# Any questions?

Everything you ever wanted to know about **orthodontics...**



The information in this magazine is designed to explain orthodontics to you and introduce you to our mydentist Orthodontic Centres. One of our experienced teams will be on hand to meet you and outline our services in full once you take the plunge.

**We know there can be quite a lot of information to take on board when you see your orthodontist, so make sure, if you have any queries, to put them to our professionals and they will do their best to help.**

Our Orthodontic Centres are devoted to delivering the best treatment, using the very latest technical innovations, and operating to the highest standards of cross-infection control.

We value all our customers and welcome feedback to help us improve and evolve new initiatives.

You may be unsure of what is involved when you first arrive for your treatment, but we firmly believe good treatment relies on our team working together with patients; we know that good communication and understanding is essential.

#### What is orthodontic treatment?

Orthodontic treatment is a catch-all term for the correction of irregular or crooked teeth. It isn't just about straight teeth though. It can make a difference to your bite, appearance and overall health. This is easier in young children, as natural growth will usually aid the treatment, but it is also available for adults and modern techniques mean dentists can treat more patients to a much higher standard.

Not only do straight teeth mean a better, brighter smile, they

are also much easier to look after, meaning the benefits are lifelong.

There are different types of braces available and we will discuss all the options with you; many are removable, some are fixed onto the teeth and some types are virtually invisible!

Straight, healthy teeth can be a reality for everyone, from children to adults alike and people of all ages can now take advantage of new technology to look and feel better and more confident.

Private treatment is available for both adults and children and we offer flexible options for payment. Modern braces mean we can straighten teeth quickly and efficiently, resulting in better smiles in less time.

#### What are the benefits of orthodontic treatment?

A healthy and attractive smile can go a long way to helping you be more confident and nice, even teeth are easier to keep clean and promote healthy jaw function. Regular, corrected teeth are also much less likely to be damaged during sports or in accidents.

#### Who does orthodontic treatment?

A small number of dentists follow a formal postgraduate training programme and obtain further qualifications and training, specifically in orthodontics.

#### How do I know if treatment is needed?

Your family dentist will be happy to tell you whether orthodontic treatment would be beneficial for your teeth and explain what is involved in their correction. If your dentist is unsure, see an orthodontist for an opinion, as their extended training puts them in the best position to tell you what is possible and what isn't.

#### Am I too young?

Some orthodontic treatment requires fully developed adult teeth, which usually appear between the ages of 10 and 14, although this isn't always the case. We actually prefer to see children for two reasons: Firstly, certain problems are best addressed at this age, for example, a child with very prominent teeth may be teased at school, and is more at risk of damage to their teeth during sport and play. There are braces

# #anyquestions

that can be used which harness natural growth to improve facial appearance and with it, confidence.

Other problems that are best treated early include top teeth becoming trapped behind bottom teeth at either the front or back of the mouth, as well as mild irregularities. This early intervention will make any treatment later on easier and more successful, and in some cases may even eliminate the need for future treatment altogether.

Secondly, it is possible to predict with reasonable certainty and precision what that individual's future orthodontic needs are. This gives parents time to prepare financially for private treatment, or to explore NHS options. Remember, there may be long waiting lists for treatment via the NHS.

#### Have I left it too late?

Adult treatments are becoming more and more common as treatments evolve. Teeth will move at almost any age providing they are supported by healthy bones and gums. However, certain types of problems cannot be fully corrected without the aid of natural childhood growth.

In these cases, a compromise plan from your orthodontist can produce a marked improvement. Occasionally, a combination of orthodontic treatment and surgery may be suggested to achieve the full correction of a bite.

As well as this, transparent braces and braces fitted behind the teeth have made orthodontic treatments acceptable and possible to an ever-increasing number of adults.

#### What can I expect at my first appointment?

Your initial consultation will involve a clinical assessment and a provisional treatment plan is likely to be provided, with a discussion on what possible options are available to you.

If you do decide to proceed with treatment, another appointment will be arranged, so we can take pre-treatment records, which include models of your teeth, x-rays and photographs for a more detailed assessment and a final treatment plan.

A full explanation of the treatment and fees involved will be provided, as well as a written treatment plan, so you have all the information you need, and you feel comfortable going forward.



“If you are unhappy with the appearance of your teeth find out what is involved in their correction”



Your  
journey  
starts  
here

#findoutmore

# Into the unknown

All our mydentist Orthodontic Centres aim to provide top notch orthodontic treatment, service and quality of care, and this is much easier with patients who are informed

This article is designed to give you the full picture of orthodontic treatment and we hope it will leave you with a better understanding of what is involved.

Like any other treatment of the body, orthodontics does come with some risks and limitations, but these are rarely enough to warrant avoiding treatment, however, you should consider them before making the decision to wear any of our appliances.

Make sure you read the following information carefully and put any questions to your mydentist Orthodontic Centre orthodontist or treatment coordinator, who will happily explain anything you don't understand.

Before you begin your treatment, we will provide you with a consent form to fill out for you or on behalf of your child, which will verify you have read, and understand the potential risks.

# #exploreortho



## So, what can you expect during orthodontic treatment?

### DISCOMFORT

Orthodontic therapy uses certain appliances to move your teeth with gentle pressure. When braces are put in place and a little force is applied, you may feel some discomfort, with your teeth and gums initially feeling a bit tender.

The amount of discomfort varies from patient to patient but usually only lasts from around 36 to 48 hours.

### HEADGEAR AND ELASTICS

Your treatment may also involve the use of headgear or elastics, which should be used as directed by your orthodontist to achieve the best results and avoid injury. Not following instructions might mean you have to wear them longer, or could lead to a less than ideal result.

### REMOVAL OF TEETH

This might sound scary, but sometimes it is necessary for teeth to be extracted as part of treatment. Don't worry though, this will only be recommended if it improves your prospects of a successful final result.

### ADDITIONAL RECORDS AND X-RAYS

In order to monitor the progress of your treatment or just prior to your retention phase, we may take new records for you.

### RETAINERS

When your braces are removed, your teeth will need to be held in their new position using a retainer. There are many different kinds of retainers and your orthodontist will assess which will be best for you.

The time it takes for your new bite to settle can vary and will be assessed by your dedicated professional.

One set of retainers will be provided for you at the end of your treatment and you may wish to purchase a second set of retainers. However, if you require another set, due to loss or damage, there is a fee for each replacement.

### DECALCIFICATION (TOOTH DISCOLOURATION)

Orthodontic braces do not cause tooth decay, however they can trap particles of food, which may increase the likelihood of developing tooth decay or calcification.

Decalcification or small white marks on the surface of tooth enamel are a sign of early tooth decay, but this can be avoided by modifying your diet to include less sugar, as well as avoiding carbonated drinks.

mydentist Orthodontic Centres recommend the use of fluoridated mouth rinse during treatment. Above all, excellent oral hygiene is a must!

### NON-VITAL TOOTH

A tooth that has been previously traumatised, or which has a

large filling, might be at risk of dying – becoming 'non-vital' – over a period of time, with or without orthodontic treatment. This tooth may flare up during treatment and require root canal therapy.

Discolouration of a non-vital tooth might be more noticeable during or after treatment, in which case your orthodontist may recommend bleaching.

### PERIODONTAL PROBLEMS (SWOLLEN GUMS)

Swollen, inflamed or bleeding gums can be prevented by proper tooth brushing and regular flossing. Periodontal disease can be caused by the accumulation of plaque and debris around the teeth and gums.

In the most severe cases of periodontal disease there can be progressive loss of supporting bones and recession of the gums.

If this condition becomes obvious, treatment may be stopped before completion. This is very rare and only occurs in adults with pre-existing periodontal issues.

### ROOT RESORPTION

Root resorption is the shortening of the tooth roots, which can occur with or without orthodontic treatment and is impossible to predict before it appears. Slight changes to length are usually insignificant, however, in the event of gum disease in later life, root resorption can affect the longevity of the affected teeth.

### ANKYLOSED TEETH

In some cases a tooth will not move because it has become attached (ankylosed) to the jawbone.

### IMPACTED TEETH

Impacted teeth are teeth which stay completely or partially under the gum, due to there not being enough room for them to emerge. This most commonly affects the canine and wisdom teeth.

Minor oral surgery might be required to correct this by uncovering or completely removing the tooth itself, although removal is usually only done to prevent damage to adjacent teeth.

### TEMPOROMANDIBULAR JOINT

Disorders affecting the jaw joint or the temporomandibular joint (TMJ) can cause severe pain in some individuals and be very debilitating. TMJ problems are usually associated with clicking, limited opening, earache, headaches and jaw muscle ache.

The majority of TMJ disorders stem from musculoskeletal problems, though stress seems to play a role in the frequency and severity of the pain.

In the past, it was believed that an imperfect bite was the cause of jaw joint pain, however, recent investigations have shown this not to be the case.

### RELAPSE

Relapse refers to tooth movement after treatment is complete. Ideally, your teeth should remain stable and in

position after retention, but teeth can move at any time with or without orthodontic intervention.

The most vulnerable teeth to relapse are those which were extremely rotated as well as those in the lower front jaw.

Some patients do choose to wear their retainers indefinitely, which your orthodontist will be happy to discuss with you.

Other factors which can affect tooth relapse include periodontal disease and harmful tongue and oral habits. As these factors are out of the control of your orthodontic specialist, they cannot guarantee that your teeth will remain in a perfect position for the rest of your life, though wearing your retainer as directed means it is very unlikely that your teeth will relapse to their original position.

Facial growth occurring during or after treatment, and uncorrected finger, thumb, tongue or similar pressure habits can lead to facial change and cause your teeth to shift. Unusual hereditary patterns or undesirable/insufficient growth can also influence your final results.

### ORTHOGNATHIC SURGERY

Sometimes there may be severe skeletal disharmony, which will mean tooth correction alone cannot give an ideal result. In this case, surgery can correct any jaw discrepancies.

As with all surgeries there are risks, though these will be discussed in depth with you by your oral surgeon should this be necessary.



# What to expect when your braces are fitted

By the time your first fitting appointment comes around, your orthodontist will have explained to you in detail what your first treatment steps will be on the road to a better smile. It might be that your brace is fitted straight away. This might feel quite unusual in your mouth, depending on what kind of brace is fitted.

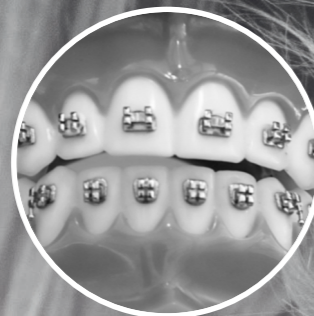
At your second fitting appointment, the first stage of your treatment will be assessed and the next stage will commence.

Finally, your last fitting appointment should see your brace fully fitted, totally suited to you and ready to complete its job and helping you feel 'smiles' better.

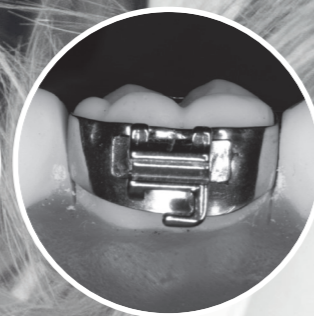
**REMEMBER:** if you are unsure about anything, at any stage of your brace fitting or treatment schedule, please ask your orthodontist for advice - they are here to help.



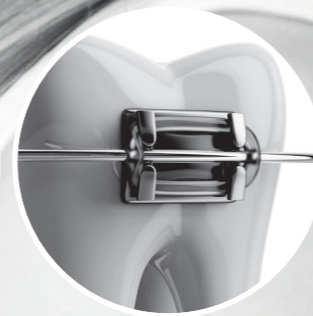
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# types of treatment

1

## Fixed Orthodontic Appliances

This is the most common type of orthodontic appliance in use today. This type of brace has small brackets, temporarily cemented to the teeth with light flexible wires used to move the teeth. This type of brace is capable of producing detailed tooth movements with full three-dimensional control, leading to full restoration of the function and appearance of the teeth, and very high quality treatment results. Treatment usually lasts for 18-24 months and is followed by retention.

2

## Functional Appliances

Functional appliances are generally removable and made of acrylic (plastic) and wire. They are used to correct discrepancies in the front-to-back position of the jaws and teeth, such as prominent teeth. Functional appliances are often used at an early age to harness growth. Such early treatment aims to reduce distress and teasing, and to cut the risk of damage to the teeth, perhaps during sporting activities. Treatment time varies, however most of the work with this brace is usually completed in 9 to 12 months. Sometimes further treatment is required when the rest of the adult teeth develop.

3

## Traditional Removable Appliances

Simple, removable appliances will be used only when simple tilting movements are required. It's unlikely that such simple movements will complete all that is needed and these are usually followed by more complex appliances to ensure best results.

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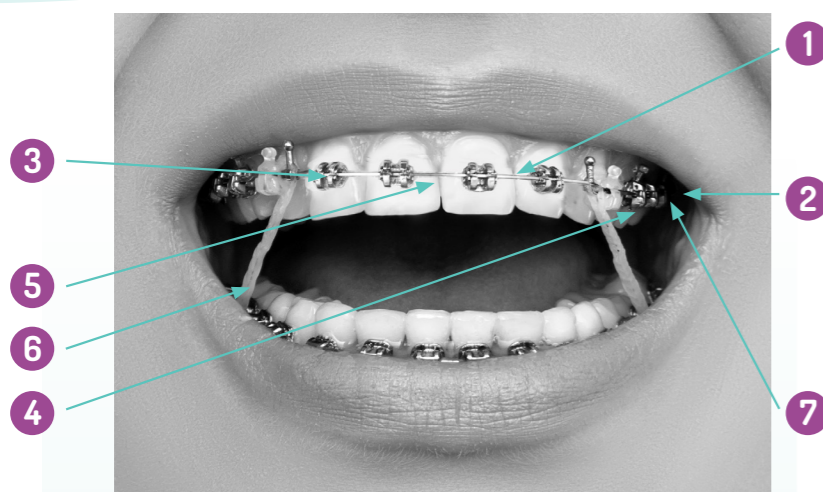
## Aesthetic Appliances

In many cases it is possible to use transparent brackets and apart from a single wire there is little for others to see. Lingual braces may also be offered - these are braces which attach to your teeth but hidden out of sight, behind the teeth. The Invisalign system involves a series of customised clear aligners, and if aesthetic appearance is very important, then this may be the appliance for you, as they are almost 'invisible'. Please be aware, these options are not available on the NHS, so you should discuss these with your dedicated orthodontic professional who will be able to advise you further.

## Your journey...

# Fixed Braces

## Parts of your braces



### 1. Arch Wire

A metal wire which is attached to your brackets to move your teeth.

### 2. Band

A metal ring that is usually placed on your back teeth to hold onto parts of your braces.

### 3. Bracket

A metal or ceramic part that is glued onto a tooth and serves as a means of fastening the arch wire.

### 4. Buccal Tube

A small metal part that is welded on the outside of a molar band. The buccal tube contains a slot to hold

archwires, facebows and other things your orthodontist uses to move your teeth.

### 5. Elastic Ligature

A small plastic piece, shaped like a doughnut, which is used to hold the archwires in the brackets on your teeth.

### 6. Power Chain

A stretchable plastic chain used to hold archwires into brackets and to move teeth.

### 7. Separator

A plastic or metal part that the orthodontist uses to create space between your teeth for bands.

Note: not all orthodontists will use all of the above parts, e.g. some won't use separators or bands. Check with your orthodontist for more information.

Fixed braces consist of square brackets attached to each tooth, with a wire running through them, which gradually moves your teeth into the correct position. The wire is held in place by small coloured loops called modules, or colours.

The length of treatment with fixed braces varies but is typically around 18 to 24 months.

Unlike the twin block appliance, fixed braces are stuck to your teeth for the whole of your treatment. You should not try to remove them yourself, as you could damage your teeth and cause your treatment not to work.

After the brace is fitted, your teeth will be tender for a day or so, though this should soon wear off and you will quickly become used to it.

Your orthodontist may advise you to purchase certain oral care products, which we highly recommend, as it will ensure you have all you need to care for your teeth and braces throughout the treatment.

If two or more of the brackets, a band or the archwire break, it is important you give your practice a call for an in-between appointment, as we can't repair it during your routine adjustment.

If only one of the brackets breaks, or one of the elastic ligatures does, these can be repaired during your routine appointment.

We have tried to answer some of the most frequently asked questions about fixed braces here, but if you have any other questions, please make sure you ask your orthodontist or therapist and they will be happy to help.

## Your journey...

# Functional braces

## What is a functional brace?

Functional braces or functional appliances (e.g. the Twin Block) are a popular way of reducing the projection of the front teeth in patients who are growing. Functional appliances may be either fixed or removable.

## What is a Twin Block appliance?

A twin block is a functional appliance that will help straighten your teeth and encourage your jaws to grow by working on the upper and lower teeth at the same time. The success of the treatment is completely dependent on you following the instructions given to you by your orthodontist, so try to follow them as best as you can.

The twin block appliance is made up of two removable braces, which should be worn together at all times, ensuring the lower jaw is postured forwards and closed, so that the two blocks engage.

Below, we have listed some frequently asked questions about wearing a twin block appliance, but if you want to know anything else, your orthodontist will be happy to help.

### HOW MUCH DO I NEED TO WEAR THE APPLIANCE?

For best results you should wear the twin blocks all the time. You can take it out when cleaning your teeth, playing sports and swimming, though it is better to wear them at meal times. This requires practice but it is well worth it.

### WILL IT BE PAINFUL?

It shouldn't be painful, but at first it will be a little uncomfortable, and it might take you a few days to adjust to wearing it. You must keep the blocks in contact at all times when fitted, and you will very quickly learn to speak with the blocks together.

If you experience too much discomfort, simple painkillers you would take for a headache can help, though you should

read the packet beforehand to avoid any problems.

Should the discomfort continue, make sure you arrange an appointment to see your orthodontist and explain to them that you are uncomfortable, so they can check the appliance is properly fitted.

### HOW ELSE WILL IT AFFECT ME?

To start with your speech will be different, but this is normal, so don't be too concerned. Practise speaking with your appliance in place by reading out loud by yourself and your speech should return to normal within a couple of days.

You might also find you are producing and swallowing more saliva than usual, but this is completely normal and will soon pass.

### CAN I EAT NORMALLY?

For your treatment to work well and in the shortest possible time, it is important that you take care of both your teeth

and your appliance. In order to prevent damage to both, you should:

- Avoid sugary snacks and drinks between meals and at bedtime
- Avoid sticky, chewy or hard sweets, mints and sugared chewing gum
- Avoid fizzy drinks, including diet drinks, and large amounts of fruit juice
- Hard or chewy foods, such as apples, carrots and crusty bread can damage your appliance. Avoid them, or cut them up before eating

### HOW LONG WILL I HAVE TO WEAR THE TWIN BLOCK?

The length of your treatment can vary, but it shouldn't exceed 12 months, typically followed by 18 to 24 months of fixed appliance treatment such as braces.

You will need regular appointments during treatment so the twin blocks can be adjusted. Failed or cancelled

appointments, as well as repeated breakages of the appliance will add to your overall treatment time.

### CAN I REMOVE THE TWIN BLOCK?

As mentioned above, your appliance should only be removed for cleaning and sports, unless you are told otherwise. When it is not in your mouth it should be in its protective box.

Try not to click the brace in and out with your tongue as this will break the wires and increase the length of time the treatment will take. Replacement twin blocks are currently charged at over £100 per set.

### WHAT ABOUT CLEANING AND TOOTH BRUSHING?

You should make sure to remove the twin blocks and brush your teeth twice a day, using fluoride toothpaste. If possible, carry a brush with you for use after lunch.

## Your journey...

# Removable Appliances

### What are Removable Appliances?

Removable appliances have an acrylic base and stainless steel components to hold the appliance firmly onto the teeth. Movement of teeth is achieved by the stainless steel springs being distorted out of shape during activation by the dentist, so that as they move back to their original shape, they pull or push the misaligned teeth with them.

A removable brace simply clicks onto the teeth and can be easily fitted or removed.

them. Take the twin blocks out carefully using the clips at the back and when putting them back in, make sure the wires go into the correct place.

If your appliance breaks, try to continue wearing it and contact us immediately for an appointment.

#### WHAT IF I PLAY CONTACT SPORTS?

You should wear a gum shield instead of your functional appliance when playing contact sports. Remember to keep your appliance in its protective box to avoid any damage whilst it is out of your mouth.

#### HOW OFTEN WILL I NEED AN APPOINTMENT?

You should make regular appointments, usually every 6 to 8 weeks, during treatment. Please bring your toothbrush to every appointment and clean your teeth thoroughly before each visit.

Not attending appointments will prolong treatment and if you miss more than three appointments your treatment will be discontinued.

Gently brush the twin blocks themselves with a fluoride toothpaste, taking care not to damage the wires.

You should also use fluoride mouthwash last thing at night after brushing. The appliance itself can be freshened up by using effervescent cleansing tablets.

Be careful, as failure to keep your teeth and appliance clean might lead to permanent scarring of your teeth.

#### DO I STILL NEED TO SEE MY REGULAR DENTIST?

Yes. It is important that you still have regular check-ups with your dentist throughout orthodontic treatment so that your teeth can be checked for decay.

#### WHAT IF MY APPLIANCE BREAKS?

Twin blocks are very expensive to make, so you must look after

### REMEMBER

- Brush your teeth three times per day with a fluoride toothpaste
- Use an alcohol-free fluoride mouthwash last thing at night
- Brush your twin blocks in water, but do not use toothpaste as it can damage them
- Avoid sugary snacks and drinks between meals and at bedtime
- Avoid fizzy drinks
- Avoid hard, sticky and chewy sweets and foods
- Do not click the twin blocks in and out with your tongue
- Continue to visit your dentist regularly

#### WILL IT BE PAINFUL?

You will likely be sore for 3 to 5 days after each time the brace is adjusted. If necessary, painkillers such as those you would take for a headache will help, though you should make sure to read the instructions on the packet.

If there is an obvious area of soreness as a result of the brace rubbing against your skin, give your orthodontist a call and make an appointment as soon as possible. If you can, try to keep wearing the brace until we can see you, or you will have to go through the 3 to 5 days of soreness again. It will also help us to see exactly which part of the brace is causing the problem.

#### HOW ELSE MIGHT IT AFFECT ME?

Your speech may be different until you get used to wearing the brace. Practise speaking with the brace in place by reading out loud by yourself. This will help your speech return to normal within a few days.

To begin with you may also find yourself swallowing a lot as a result of your mouth watering more. This is quite normal and will pass.

#### CAN I EAT NORMALLY?

You should be able to eat normally after your brace is fitted, and it is important you keep the brace in whilst doing so, unless your orthodontist tells you otherwise.

Although it might be difficult at first, eating with the brace will become easier the more you do it.

After each meal, remove the brace and rinse your mouth thoroughly, brushing the brace with your toothbrush to remove all debris.

To make sure your treatment works well and in the shortest possible time, it is important you take care of your teeth and brace. In order to avoid damage to both, you should try to avoid the following:

- Toffee, boiled sweets, chewing gum, bubble gum and chews
- Fizzy drinks, including diet drinks and excessive amounts of fruit juice
- Hard foods such as crunchy apples, crusty bread rolls and nuts etc might damage the brace.
- Hard food can be eaten with care, if you cut them up small before chewing them

#### WHAT ABOUT TOOTH BRUSHING?

After your brace is fitted, it is important you brush twice a day and use fluoride toothpaste. If possible, carry a toothbrush with you for use after lunch.

A daily fluoride mouth rinse should also be used last thing at night after brushing your teeth. Failure to keep your teeth and brace clean will lead to suspension of treatment by your orthodontist so as to avoid permanent damage.

#### CAN I REMOVE THE BRACE?

You should only remove the brace for cleaning and playing contact sports. Try to avoid flicking the brace up and down with your tongue, as this can become a bad habit that can bend or break the wires and increase treatment times.

#### HOW LONG WILL TREATMENT TAKE?

Treatment usually takes 6 to 12 months, but will vary according to how severe your case is. Failed or cancelled appointments and repeated breakages will increase treatment times.

#### HOW OFTEN WILL I NEED AN APPOINTMENT?

Your orthodontist will need to see you about every 6 to 10 weeks depending on the type of removable brace you have.

#### DO I STILL NEED TO SEE MY DENTIST?

It is very important that you have a checkup every 6 months with

# #findoutmore

your dentist so that your teeth can be checked for decay.

## WHAT SHALL I DO IF I PLAY CONTACT SPORTS?

You should still wear a gum shield instead of your appliance. When not in your mouth, your brace should be in a protective

box, which you can get from your orthodontist.

## WHAT IF I PLAY A MOUTH INSTRUMENT?

If you play an instrument such as a clarinet or flute, then you should remove the brace whilst playing.

## WHAT DO I DO IF I BREAK MY BRACE?

If you break your brace, ring up for an appointment as soon as you can, don't wait for your next routine adjustment as the breakage may slow your treatment or may result in

damage to your teeth.

If you repeatedly break your brace, your treatment may be suspended to prevent damage to your teeth.

# FREQUENTLY ASKED QUESTIONS

## WILL IT BE PAINFUL?

You will likely be sore for about three to five days each time the brace is adjusted. If you need to, simple, over the counter painkillers such as the ones you would normally take for a headache should help, but make sure you read the instructions on the packet to avoid any problems.

## CAN I EAT NORMALLY?

Yes, you should be able to eat normally, and the braces should not affect this. However, for your orthodontic treatment to work well and in the shortest possible time, it is important that you take care of your teeth and braces as best you can.

In order to prevent damage to both your teeth and braces, you should:

- Avoid sugary snacks/drinks between meals and at bedtime
- Avoid sticky, chewy or hard sweets, mints and sugared chewing gum
- Avoid fizzy drinks, including diet drinks, and large amounts of fruit juice
- Hard or chewy foods, such as apples, carrots and crusty bread, can damage your brace. Avoid them or cut them up first

## WILL I NEED TO WEAR ANYTHING IN ADDITION TO THE FIXED BRACE?

It may be necessary for you to wear elastics at some

stage during your treatment. Elastics are worn inside the mouth according to your orthodontist's instructions.

## WILL I NEED TO WEAR ANOTHER BRACE ONCE MY TREATMENT HAS FINISHED?

Once the active phase of your treatment has been finished, it will be necessary for you to wear a retainer. This may be removable or it may be fixed behind your front teeth, depending on what your orthodontist thinks is best.

The length of time this has to be worn can vary, and your orthodontist will be able to advise you.

## WHAT ABOUT TOOTH BRUSHING?

The products and techniques recommended by your orthodontist will help you with tooth brushing whilst you have braces.

It is important that you brush your teeth well at least twice a day using fluoride toothpaste. If possible, carry a brush with you for use after lunch.

Brushing may take a little longer when you have fixed braces so take your time and pay particular attention to brushing where the gums meet the teeth. Inter-dental brushes may help you to clean around the brace and in between the teeth.

An alcohol-free fluoride mouth rinse should also be used daily to achieve the best results. Use it at a different time of the day to

when you brush your teeth, as this helps maintain the fluoride protection to your teeth. You should avoid eating or rinsing for 20 minutes after use.

Sugary snacks, drinks and poor cleaning of your teeth and brace may lead to permanent damage.

## HOW OFTEN WILL I NEED AN APPOINTMENT?

You will need regular appointments, usually every six to eight weeks, during your treatment for the brace to be adjusted. Appliances must not be worn for long periods without supervision.

Failure to attend appointments will prolong treatment time and will result in discontinuation of treatment following three failed appointments.

## DO I STILL NEED TO SEE MY REGULAR DENTIST?

Yes. It is important that you still have regular check-ups with your dentist throughout orthodontic treatment so that your teeth can be checked for decay.

## WHAT IF I PLAY CONTACT SPORTS?

We recommend that you wear a gum shield if you take part in contact sports. This will also be the case if you take part in activities requiring a protective helmet such as roller-blading, skateboarding and horse riding. Your orthodontist will be able to advise you further on this.

## WHAT IF I PLAY A MUSICAL INSTRUMENT?

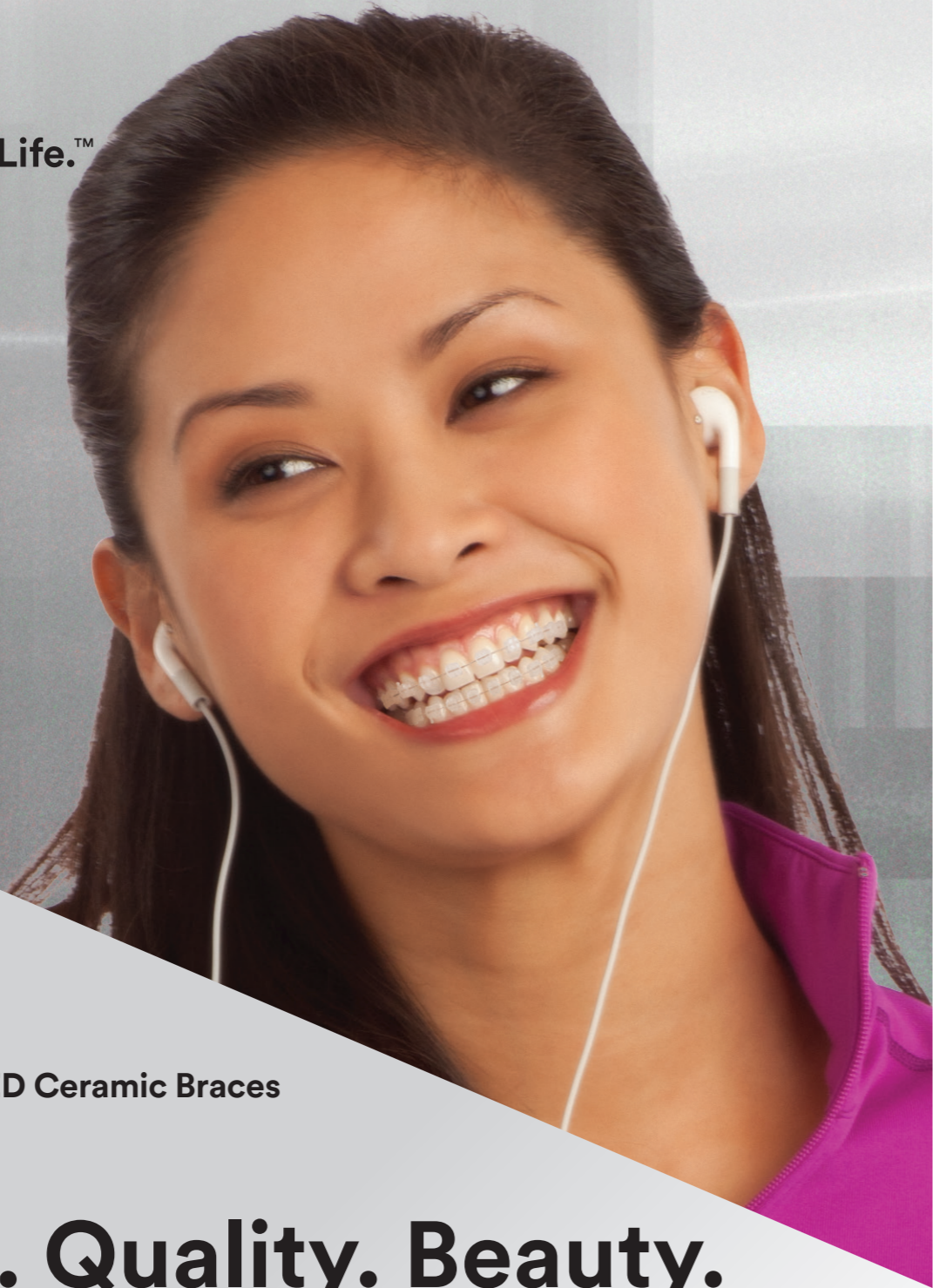
Fixed braces may make it more difficult for you to play wind or brass instruments. You will need to discuss this with your music teacher and orthodontist. There is an advice sheet you can download on this subject from the British Orthodontic Society website ([www.bos.org.uk](http://www.bos.org.uk)).

## REMEMBER

- Brush your teeth for three minutes at least twice every day
- Use an alcohol-free fluoride mouth rinse once every day
- Avoid sugary snacks and drinks between meals and at bedtime
- Avoid fizzy drinks
- Avoid hard, sticky and chewy sweets and foods
- Continue to visit your dentist regularly
- Treatment will usually take 12 to 30 months
- You will need to wear retainers after your treatment finishes

## WHAT DO I DO IF MY BRACE BREAKS?

If your brace breaks, make sure you get in touch with your orthodontist as soon as possible, because we may need to see you before your next routine adjustment appointment to repair it. If you repeatedly break your brace, your treatment may be stopped early.



**3M™ Clarity™ ADVANCED Ceramic Braces**

## Comfort. Quality. Beauty. You can have it all.

Together with your orthodontist, Clarity ADVANCED Ceramic Braces work for you to deliver the smile you have always dreamed of.

Clarity ADVANCED Ceramic Braces are stain resistant and keep their great appearance, so you can look your best throughout your treatment.

Go ahead, ask your orthodontist, and show that amazing smile with Clarity ADVANCED Ceramic Braces!



\*Private treatment only and not available on the NHS.

# Protect your smile

## If you play a contact sport?

it may be worth considering investing in one of our custom made mouthguards, which provide ten times more protection than the standard mouthguard.

Our custom mouthguards come in a range of colours and will last for years to come, providing peace of mind against costly and traumatic dental damage.

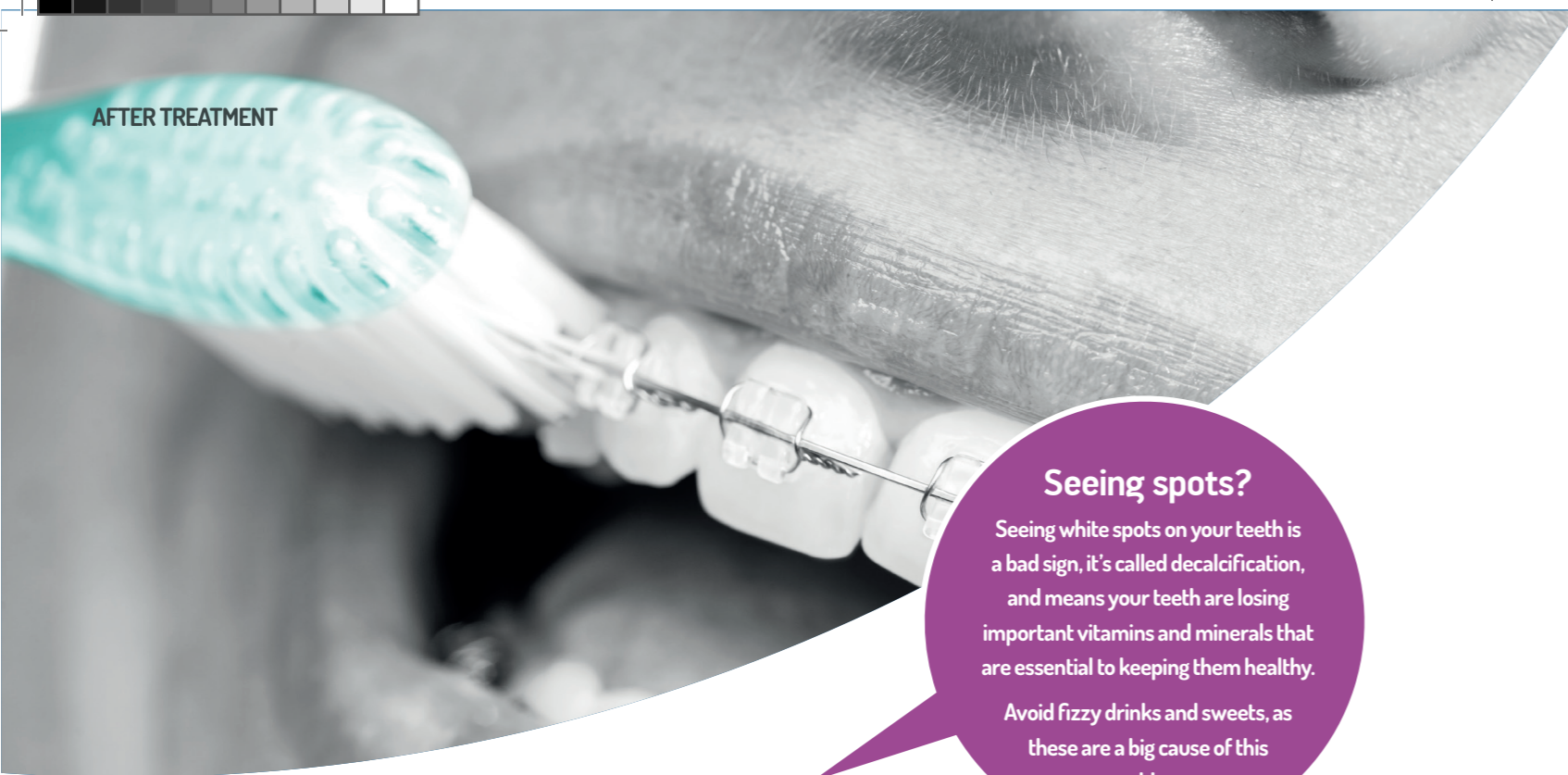
Find out more about our mouthguards at your mydentist Orthodontic Centre.

## #lovemysmile





AFTER TREATMENT



### Seeing spots?

Seeing white spots on your teeth is a bad sign, it's called decalcification, and means your teeth are losing important vitamins and minerals that are essential to keeping them healthy.

Avoid fizzy drinks and sweets, as these are a big cause of this problem.

# brace yourself for your new appliance!

## A few helpful hints

Life won't be much different and you'll be surprised at how little time it takes to adapt to your appliance; in fact, after the break-in period, life won't be much different at all.

There are very few restrictions; as long as you wear a mouth guard, you can participate in any contact sport and you can continue to play a musical instrument. All it takes is a little determination and patience.

Make sure you take care of your appliance, they are far from indestructible, and can actually be easily dislodged or broken if you don't look after them. If you do lose or break your appliance, be sure to call your orthodontist and get an appointment straight away.

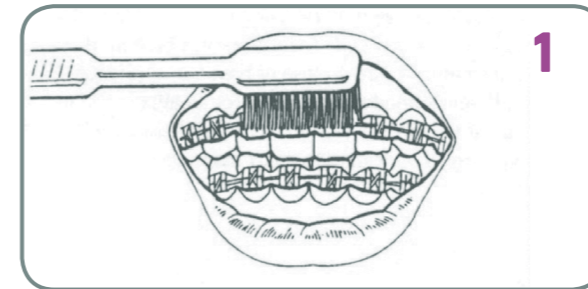
Sometimes a tie wire can get loose and start to poke the inside of your mouth. If this happens, gently tuck the wire back into place underneath the arch wire. Use a blunt object for this, like an ice-lolly stick. If you can't get it back into place this way, cover it with a piece of wax until you can get to your orthodontist for proper treatment.

- It's absolutely essential that you avoid eating hard foods like popcorn, nuts or tortilla chips
- If you eat raw fruits and vegetables or hard foods like French bread, it's a good idea to cut them into bite-size pieces first
- Sticky foods are out too. Bubble or chewing gum, nougat, toffee and other sticky foods can loosen your bands and brackets
- Be sure to keep foreign objects out of your mouth. Pencils, pens, fingernails and other objects can damage your appliances and damage the roots of your teeth due to conflicting forces on them

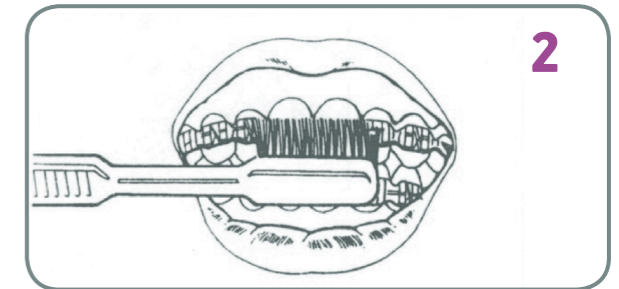
Keep your teeth healthy by brushing them after you've eaten or drunk sugary or fizzy things. You don't have to worry about doing it straight away, but brushing your teeth about an hour or so after giving yourself a treat, is a great habit to get into.

# cleaning your teeth

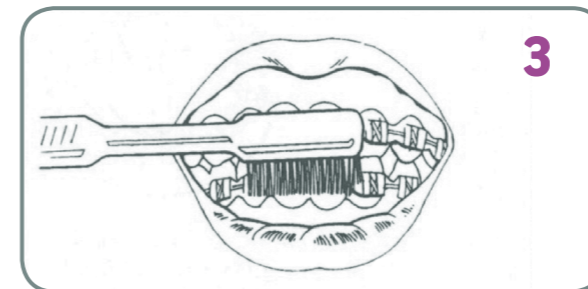
The illustrations and tips below will help you brush correctly and take care of your appliance...



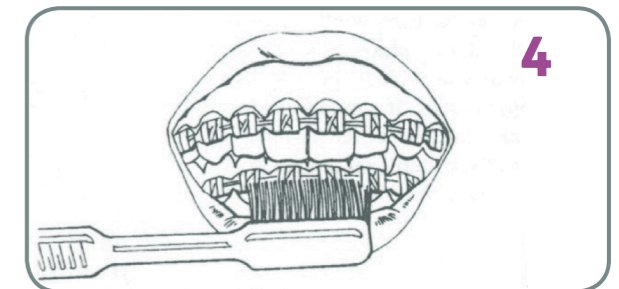
Start with your upper teeth, holding the brush as shown in illustration 1 (roughly at a 45 degree angle), and place your brush pointing downwards and with a circular motion, brushing the area between the top of your appliance and your gum line, ensuring that the brush filaments are getting right behind the appliance.



Hold the brush as indicated in illustration 2 (a 45 degree angle as before) making sure it is covering your appliance. Using a circular motion, brush the outer surfaces of your teeth ensuring the filaments reach beneath the appliance and that the gum line itself is effectively cleaned.



Now to your lower teeth. Holding the brush as shown in illustration 3 (45 degree angle as before), place the brush pointing downwards and with a circular motion, brushing the area between the top of your appliance and your gum line, ensuring the brush filaments are getting behind the appliance.



Turning the brush to point upwards (at a 45 degree angle), hold the brush as shown in illustration 4, making sure it is covering your appliance. Using a circular motion, brush the outer surfaces of your teeth ensuring the filaments reach beneath the appliance and that the gum line is effectively cleaned.

Brush the inside surfaces of your upper and lower teeth, then brush all the flat, biting surfaces. Rinse very thoroughly throughout. Ideally you should check, using a dental mirror, that your appliance is clean and free from any food particles.



Your Essix retainers are unique, the following advice will help you take care of them:

**ONE:** Wear your retainers as advised by your orthodontist. If they are left out for more than 24 hours, your retainers will no longer fit as your teeth will have moved.

**TWO:** Your orthodontist will advise you about eating and drinking with a retainer.

**THREE:** When not in your mouth they should be kept safely in a box.

**FOUR:** To clean, brush with a toothbrush and mouthwash, rinsing with water under a cold tap. Do not use toothpaste to clean your retainer.

**FIVE:** Do not attempt to sterilise them with Steradent or any other denture cleaner.

**SIX:** If lost, there will be a charge for a replacement set, so look after them carefully.

**SEVEN:** Any breakages or losses must be reported immediately, otherwise your teeth will move back towards their original position.

**EIGHT:** It is very important for you to attend your retainer checks (as discussed with your orthodontist) with your retainers in place, so that we can ensure that they continue to hold your teeth in position.

# You've nearly completed your journey



## YOUR RETAINERS

Congratulations on reaching the end of your orthodontic treatment and achieving the straight teeth you always wanted. It is important that all your hard work is not undone now, so you must wear your retainers all the time, apart from when eating, drinking and brushing, or as advised by your orthodontist.

## TYPES OF RETAINERS

All patients need to wear retainers after treatment, and they may be either removable or fixed to the teeth. Retainers are designed to keep your teeth straight and it is important that you wear them as instructed.

### REMOVABLE

These are worn full time to begin with and there are no exceptions to these instructions, unless your orthodontist specifically tells you otherwise.

If the retainer is lost, breaks or does not fit properly, you must contact us immediately to prevent unwanted movement of your teeth, which cannot be reversed. Whenever you remove your retainers, such as

when you are eating or playing sports, or on instruction by the orthodontist, you must store them safely in their protective box.

Do not get into the habit of clicking the retainer in and out with your tongue as this can cause it to break. Clean your retainers using a toothbrush and cold water, or use cleansing tablets.

### FIXED

These are small wires fixed to the back of the teeth and are sometimes used if teeth were rotated at the beginning of your treatment. It is possible for a fixed retainer to become unstuck and if this happens you must call us immediately for an urgent appointment so that we can repair the retainer before the teeth start to move.

### WHAT DO I DO IF MY RETAINER BREAKS OR I LOSE IT?

Call up your Orthodontic Centre and make an appointment as soon as you can. Don't wait until your next appointment, as your

teeth may move whilst you are unable to wear your retainer. You may be charged a fee for repair or replacement.

Please call us if you have any problems with your retainers.

### WHY IS IT IMPORTANT THAT I WEAR RETAINERS?

Retainers are just as important as the braces used to straighten your teeth. Now that your teeth are straight, if you don't wear your retainer, they are likely to drift back to their original positions.

If this happens, it can be more difficult to correct them a second time and will incur further fees.

### HOW LONG WILL I HAVE TO WEAR MY RETAINERS?

After your treatment, you will have to wear your retainers as advised by your orthodontist. This can typically be full time for a minimum of 3 months, then nightly thereafter.

# #lovemyssmile

remember to keep wearing your retainers as long as you want your teeth to stay straight

# keeping your teeth straight once your braces are removed is extremely important

## #lovemysmile

Your orthodontist will be able to provide further guidance on this. You should call your orthodontist for an appointment so they can check that your retainers are still fitting correctly, and that your teeth are still straight.

If you do stop wearing the retainers, you may experience unwanted tooth movement, though changes in the position of your tooth can continue throughout life and are part of the normal ageing process.

The only way to have permanently straight teeth is to wear a retainer nightly for life.

### BE AWARE!

Dogs love chewing retainers. Any loss or breakage due to carelessness will result in a charge for the replacement. When it is not in your mouth it should be in a protective box.

### YOUR RESPONSIBILITY

Remember to call us for an appointment after 3 months so we can check your teeth are still straight. If everything is as it should be, then you'll be able to leave removable retainers out in the day and wear them only at night.

Keep wearing your retainers as long as you wish to keep your teeth straight. You must push the retainers onto the teeth as firmly as possible.

If they feel tight, then your teeth have moved and you must continue to wear the retainers during the day until they no longer feel tight again. You can then revert to night time wear only.

If tightness reoccurs at any point, then you must start full time wear again.

If you do not follow these instructions and your teeth move, the NHS will not provide the treatment necessary to re-straighten your teeth.

After 12 months of wearing your retainers, please call us to make an appointment so that we can check again that your teeth are still straight, and that your retainers are still fitting correctly. If everything is as it should be, then you will be discharged with no need for further treatment.

Your retainers will need to be replaced at some stage when they become loose or unhygienic, and you will need to pay for the replacements. If you think there is a problem

with your retainer, or you lose it, please contact us immediately for an appointment to obtain a replacement.

If you decide to stop wearing your retainers for any reason, remind yourself that your teeth will move. If this happens, the NHS will not provide the treatment necessary to re-straighten your teeth.

### YOUR SIGNATURE

Once you have read this article and discussed any concerns with your orthodontist, we will need you to sign the 'instructions for long term retention' form provided by your mydentist Orthodontic Centre. Make sure you keep a copy of the signed form in a safe place.

### DON'T FORGET

Retainer wear is your personal responsibility.

- The retainers provided must be worn as instructed by your orthodontist indefinitely to prevent unwanted tooth movement
- Arrange retainer check appointments, as advised by your orthodontist
- The practice will not be liable for any relapse in the position

of the teeth if the instructions are not followed

- Retainers must be worn at night time for an indefinite period
- Tooth movement resulting from a failure to wear the retainers as instructed will result in a private fee to realign the teeth
- You will need to wear retainers long-term, i.e. for life, to keep your teeth straight
- Contact us immediately if you damage or lose your retainer
- Continue to visit your dentist on a regular basis. It will be easier now for them to check for possible decay
- Brush your teeth well at least twice a day
- Avoid sugary snacks and drinks between meals and at bedtime

**CONTACT YOUR PRACTICE IMMEDIATELY IF YOU DAMAGE OR LOSE YOUR RETAINER.**



# Promises and expectations

## WE PROMISE TO:

- Treat you with respect and understanding
- Listen and respond promptly, sympathetically and constructively to all comments
- Exceed all requirements for safety and sterility within the practice
- Use only proven, safe and biocompatible materials and techniques
- Try to run on time wherever possible
- Invest constantly in acquiring new knowledge, skill and technology

## WE ASK YOU TO:

- Arrive in good time for your appointments and, should you need to rearrange or cancel, give us 48 hours notice
- Follow our instructions to care for your smile and practice good oral hygiene
- Attend review and maintenance appointments as advised
- Notify our practice of any loose or broken appliances
- Pay for treatments when requested; we accept cash and most major credit and debit cards. We also offer payment schemes, should you wish to spread the cost of treatment
- Talk to us! Let us know what you think of what we do; right or wrong
- Treat our staff with respect. If a patient or their parent(s)/guardian(s)' behaviour is considered to be physically or verbally aggressive or abusive to any member of staff, treatment will be discontinued
- Help our practice grow by recommending us to your family, friends and colleagues

# #wepromise



**3M** Science. Applied to Life.™



# Beautify your smile – totally invisible

A beautiful smile improves your quality of life. And it creates a sound self-confidence. No matter where you stand right now – concerning job, school or social environment – continue your life confidently with an improved smile! Incognito™ Hidden Braces are completely invisible because they are hidden behind your teeth\*.

**No one will ever know you are wearing braces – unless you want them to know!**

\*Private treatment only and not available on the NHS.





orthodontic

Clinically proven all-round protection

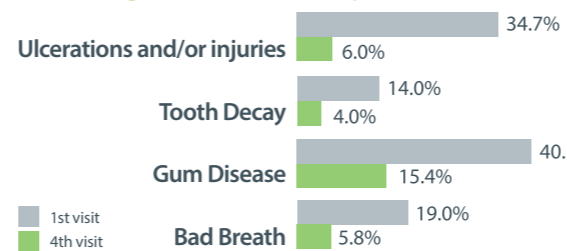


During orthodontic treatment you might find it challenging to clean your teeth effectively, making them more susceptible to tooth decay and gum disease.

VITIS Orthodontic offers a range of oral care products that are clinically proven to provide brace wearers with superior all-round protection.

The unique formulation of 4 active ingredients can help orthodontic patients like you, maintain optimal oral health and comfort during your treatment.

Reduction in the main indications after using VITIS orthodontic products:



Care and protection for orthodontic appliance wearers

PHILIPS ZOOM! for whiter smiles

0% finance available. Please ask at reception

Philips Zoom! Professional Whitening

whitens up to six shades in one hour\*

Representative Example

Treatment cost £550. £0 deposit paid, total amount of credit required £550. Interest rate 0% fixed. Pay £45.83 per month for 12 months. 0% APR representative. Total amount payable £550. Includes take home whitening kit. For longer lasting effect, use in conjunction with the take home whitening kit.

\*6% whitening gel efficacy test. Data on file, 2013

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# Looking after your elastics

Keep the spring in your smile with  
six simple steps to caring for your elastics...

- 1 Elastics should worn at all times, including whilst sleeping, unless otherwise instructed
- 2 Put new elastics in each day. The best time is after you've cleaned your teeth, before you go to bed
- 3 If you do not wear your elastics, the brace will not work and your teeth will not progress. This means you'll end up having to wear the brace for longer
- 4 If you're running out of elastics, please contact the practice before you run out. Don't forget any spares you might need!
- 5 If you are in any doubt about how to wear your elastics, just ask any member of our team
- 6 Wearing your elastics as instructed will mean that your smile will be better and we will finish the treatment sooner

## Stay smiling:

Have you thought about how you will look after your new smile when the braces have been removed? If you participate in contact sports, it would be a good idea to have a gum shield. Please ask one of our staff about the different designs and colours available.

**This visual shows you how your elastics will look in your mouth.**



To help you, one of the dental team would be happy to take a photo of your mouth on your own phone, so you have a visual reference to hand. Please don't hesitate to ask.

# #lovemysmile

# Take Note...

Don't miss a moment of your orthodontic journey. Remember every step with this handy notes section, just for you!

affordable  
**smiles**  
for all

**0%** finance available

Ask at reception about treatment finance



### Representative Example

Treatment cost £1000. £0 deposit paid, so total amount of credit required £1000. Interest rate 0% fixed. Pay £83.33 per month for 12 months. 0% APR representative. Total amount payable £1000.

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