



Ortho- dontics

Orthodontic treatment involves using braces, either removable or fixed to change the position of teeth to a better, more harmonious relationship.

Active orthodontic treatment takes approximately 9 months to 2.5 years to complete depending on the treatment plan and patient cooperation. This is followed by a period of retention with a passive appliance to hold the teeth in their new positions.

Looking after your braces

- Avoid foods high in sugar content encourage germs to build up around the appliance leading to tooth decay. This can result in formation of permanent unsightly marks on the teeth.
- Avoid fizzy drinks and fruit juices are acidic and may also cause marks to develop on the teeth.
- Avoid hard or sticky foods can damage the appliances and bend the wires, which will stop tooth movement.
- Brush your teeth after every meal. If you have a removable appliance this should be removed for cleaning the teeth then replaced straight after.
- Using a fluoride mouthwash during treatment will maintain healthy teeth.
- You may be asked to wear additions to your appliances such as elastics or headgear. Ensure that you follow the instructions as prescribed by the orthodontist.

Root resorption

Orthodontic treatment may cause tooth root shortening. This usually causes no long term problems, however if it is severe treatment may need to be stopped early. Very occasionally

teeth may become non vital and may require root treatment. This is most likely to occur where teeth have been previously traumatised or have very large restorations. Very rarely, if teeth cannot be restored they may have to be removed.

Retention and Relapse

Retainers are used to hold the teeth in their new positions and may be fixed or removable appliances. You will be provided with a retainer for each arch treated as part of the treatment plan. Typically, retainers are worn every night for the first year following completion of treatment.

After the 1st year we will review the amount of wear required in the long term. Retainers should be viewed as an insurance against severe movement of teeth in the long term. Continued wear of retainers for as long as you want to keep your teeth to be as straight as possible. Replacement or repair of retainers will incur additional charges. You will be provided with two sets of retainers but you will be charged for replacement/repair if retainers are lost or broken.

Appointments

You will need to attend regularly to have your appliance adjusted usually every six to ten weeks. Good cooperation will result in your treatment being completed in the shortest time. If you cannot attend let us know asap as missed appointments can disrupt the treatment.

You should continue to see your regular dentist for check ups and dental treatment during orthodontic treatment. If your appliance breaks please contact us as soon as possible to have it repaired in order to prevent unwanted tooth movement.

Guarantee Information

We are unable to provide any guarantee on the successful outcome, longevity or predictability of long standing results in orthodontics as relapse can occur.