



## Orthodontic (brace) Treatment

### Smile with confidence

Many people have crooked teeth or upper teeth which they feel stick out too much, or have other concerns with their appearance. Orthodontics is a way of slowly and gently moving the teeth and jaws to improve the appearance, health and function of the teeth.

### When can you have treatment?

**Young children**, with both adult and baby teeth, have their development monitored. Simple treatment may be done at this age to simplify future treatment.

**Teenagers** when all the adult teeth are present, are the most common group of patients to be treated, usually with fixed or “train track” braces. Removable braces may be used first, and extraction of some adult teeth or remaining baby teeth may be needed.

**Adults** can have treatment at any age. They may not have had braces when they were younger, or over time their teeth have moved. Patients may also want teeth moving to help with the provision of crowns, bridges or implants.

### NHS or private?

Patients under the age of 18 are entitled to a free NHS consultation. This will allow us to see if orthodontic treatment is possible and beneficial. We will also be able to tell you if the treatment can be done under the NHS criteria (teeth have to be above a certain level of “crookedness”).

We have an NHS contract for a set number of treatments for under 18s provided on Monday afternoon and Thursday morning. We provide standard metal braces, “train tracks”, which can have coloured elastics to make them look funkier.

Private treatment is available for all patients of any age. Appointments can be made in any of

Dr Bates' sessions. This can make it easier and more convenient for you, which may allow treatment to finish sooner.

We can also use more advanced wires and brackets, which may reduce treatment times and be more comfortable. Quicker treatment is healthier for your teeth and gums. Tooth-coloured brackets are normally used to make them less noticeable. We also have a special reduced cost option for under 18s who do not qualify for NHS braces – Monday afternoon and Thursday morning appointments only.

### Your treatment

After receiving your referral from your dentist or yourself, we will arrange your first appointment. We will examine your teeth and mouth and discuss what treatment may be suitable for you, and whether children can have NHS funded treatment.

We will probably take some impressions of the teeth, photographs, and if you are likely to go ahead with treatment, an x-ray. We will let you know the investment required for any private options.

With the exception of short treatments, private fees are paid 25% at fitting with the rest paid by standing order over 18 months, interest free.

### How long does it take?

We will give you a guide at your assessment visit. In most cases, it takes around 18 to 24 months, a little longer in adults, as the teeth are slower to move. If additional braces are needed first it may be 12 months longer, simple treatments may only take 6 to 12 months. Obviously if appointments are missed, and particularly if braces are broken, it will take longer. Once braces have been removed, retainers will need to be worn. We can only be fairly sure of teeth remaining in place for as long as retainers are used.

# Orthodontic (brace) Treatment *(continued)*

## Our orthodontic team

**Dr John Bates BDS (VU Manc) 1987**

Dr Bates has been providing orthodontic care locally for nearly 20 years. He is an active member of a number of local orthodontic groups and has many local connections for referrals for more complex treatment or advice.

He is assisted by two nurses, Julie and Thea, who will assist throughout your treatment, helping you to feel comfortable and reassured during your visits.

You may also see our Dental Health Educator, Debs, to give help and advice on keeping your braces, teeth and gums healthy throughout your treatment.

## Caring for your teeth and braces

It is very important to take extra care of your teeth and gums while wearing braces to avoid problems such as decay, gum disease and unsightly marks on your teeth. We will give you specific advice on how to look after your braces and teeth and may arrange in-depth appointments with Debs to help you with this if we, or you, think this is advisable.

In general, teeth and braces should be cleaned after every meal, brushing around fixed braces or taking out removable ones. A fluoride mouthwash should be used every day, preferably at a different time to brushing your teeth. You will need to be careful eating, avoiding hard or sticky foods. NO chewing gum with fixed braces. Food like apples or crusty bread will need to be cut into small pieces instead of biting into them.

You will need to see your own dentist for routine dental care. This is particularly important during orthodontic treatment.

## Orthodontic Fees

Private for adults or children		Independent under 18 treatment only in ortho sessions	
New patient consultation	£87.00	New patient consultation	£87.00
Full mouth x-ray	£30.00	Full mouth x-ray	£30.00
Study models	£23.00	Study models	£23.00
*Fixed upper and lower braces	£2,520.00	*Fixed upper and lower braces	£1,600.00
*Fixed upper or lower	£1,680.00	*Fixed upper or lower	£1,100.00
Small fixed 6 teeth or less	£660.00	Small fixed 6 teeth or less	£450.00
Quad helix	£315.00	Quad helix	£210.00
Fixed repairs 4 or more lost	£74.00	Fixed repairs 4 or more lost	£74.00
Upper removable brace	£420.00	Upper removable brace	£284.00
Functional removable braces	£660.00	Functional removable braces	£450.00
Removable retainer	£63.00	Removable retainer	£63.00
Fixed retainer	£79.00	Fixed retainer	£79.00

\* Payment of 25% at fitting, remainder by standing order over 18 months.

Treatment fees include retainers and supervision for 12 months. Additional fees for dental extractions, repeated breakages and missed appointments.



## Orthodontics Common Questions:

### **Q: How long is treatment?**

In most cases it takes 18–24 months to complete all tooth movements. During this time visits to adjust appliances are required every 4–8 weeks. After this you will need to wear retainer braces to keep your teeth straight.

### **Q: Does it hurt?**

Teeth are moved with braces which apply gentle pressure to them. Some discomfort might occur at first, but will go away after a few days. You may need mild painkillers and particularly soft food for up to a week.

### **Q: Will I need teeth out?**

Sometimes it is necessary to have some teeth extracted by your dentist. These are carefully chosen so that it is not noticeable afterwards, and provided treatment is completed as planned, no gaps should remain. You will need to pay your dentist's usual fees for these.

### **Q: Do appliances damage teeth?**

No, but if they are not kept very clean plaque trapped around the brace can cause marks and decay. Tooth cleaning has to be of a high standard before treatment, and if not maintained, treatment will have to be stopped even if teeth are still out of position and gaps remain. We recommend the use of a daily fluoride rinse throughout treatment.

### **Q: How much is it?**

Under the NHS all treatment is free of charge if the patient is **under 18** at the start of treatment **and** the case qualifies under NHS regulations. For private treatment investment see our price list insert.

### **Q: Can adults have treatment?**

Yes. It can be done at any age, although not on the NHS. Tooth movement may be slower and the scope of treatment more limited.

### **Q: Do I have to wear braces?**

No. We will discuss the problems with your teeth and the type of treatment we can offer, and what to expect if nothing is done. After that, it is up to the patient and family to decide.

### **Q: Can I have appointments after school?**

There are limited appointments available after school, though if you insist on these times, gaps between appointments may be longer and the braces may be on for longer. To increase availability of these appointments, any longer appointments required **MUST** be booked within school hours.

# Orthodontics Common Questions continued...

## **Q: Can I have less noticeable braces?**

We can provide tooth coloured braces and elastics for private treatments.

## **Q: Routine dental care?**

We will only provide orthodontic treatment. It is very important that you continue to go to your own dentist for regular check-ups during treatment, and for any extractions required.

## **Q: Can I still play contact sports?**

Yes you can, but any removable braces should be taken out while playing. If you have a fixed brace, a mouthguard should be worn which covers both upper and lower braces. We have these available to buy from reception.

## **Q: Can I sing or play a wind instrument?**

With a little practice you will be able to carry on as normal. Don't arrange a fitting of braces near an important exam or performance.

## **Q: Can I have colours?**

Standard braces have coloured elastics to hold the wire in place. You will be able to choose one, two or multiple colours. Choose silver to blend in with your brace, or perhaps your team's colours or vivid bright ones?

## **Q: What if I break my brace?**

Please contact the practice as soon as possible.

## **Q: What are retainers?**

These are worn to hold the teeth in place once your braces are removed. Most are clear removable ones. Sometimes we use a fixed retainer stuck to the inside of your teeth. Your teeth can move throughout your life so you will need to wear them for as long as you want to be fairly sure your teeth stay in place!

## **Q: Who pays for long-term retention?**

NHS and private treatment covers retention for up to 12 months. Any visits, repairs or replacements after this are at current private prices.

## **Q: What happens when I have my fixed brace put on?**

We arrange two appointments within a few days. At the first appointment, small elastic separators are slipped between your back teeth. At the second appointment these are removed and metal bands placed around these back teeth and brackets stuck on your front teeth. A fine wire is then placed in using elastics – coloured if you wish! This takes around 20-30 minutes.

## **Q: Are there any possible risks?**

The main risk is marks or damage to the teeth. This will not happen if you keep them clean and are sensible about what you eat and drink, particularly between meals. Tooth roots get slightly shorter during treatment, but this is not normally a problem.