

# ORTHODONTIC TREATMENT – YOUR FIRST VISIT TO BELUR ORTHODONTICS



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Before your first visit to see one of our orthodontists at Belur Orthodontics, you may have some questions you would like answered about this initial appointment.

## **Why have I been referred to the orthodontist?**

Your dentist would like specialist advice about the position of your teeth.  
The orthodontist will advise whether you would benefit from orthodontic treatment.

## **What is orthodontic treatment?**

Orthodontic treatment usually involves the wearing of braces (removable or fixed), sometimes the extraction of teeth, and very occasionally jaw surgery.

## **Why might I need orthodontic treatment?**

There are 3 main reasons for having orthodontic treatment:

- ◆ *To improve the appearance of the teeth.*
- ◆ *To improve the function (to make it easier to eat)*
- ◆ *To improve the health of the teeth and gums*

Below are some examples of teeth before and after orthodontic treatment:



Before



After



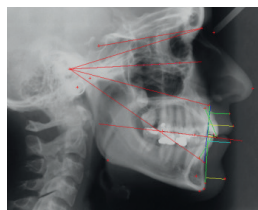
Before



After

### What will happen at my first appointment?

The orthodontist will have a look at your profile, mouth and teeth using a small mouth mirror. Some specialist measurement of your teeth will be taken using a dental ruler. It is likely that X-rays, photos and moulds (impressions) will be taken. Using all these measurements and records the orthodontist will decide the best treatment for you.



### What will happen next?

There are likely to be four possible outcomes, each of which will be explained to you in plain and simple terms by the orthodontist. These include:

- ◆ You are not ready for treatment, in which case you may need to see the orthodontist for a review appointment again when you are older.
- ◆ Your dental health is not good enough. This may be due to poor tooth brushing or decayed teeth. Your orthodontist is likely to want to review your tooth brushing after a few months. If you have any decayed teeth you will be referred back to your general dentist for this treatment to be carried out.
- ◆ You may not need treatment because the position of your teeth is perfectly acceptable, or is expected to be. You may also not qualify under the National Health guidelines for orthodontic treatment.
- ◆ You are ready for treatment and need to decide whether to go ahead as recommended.

### What happens if I am ready to start treatment?

The orthodontist will explain:

- ◆ The options for treatment and which is the best for you.
- ◆ The pros and cons for treatment.
- ◆ The length of time treatment will likely take.
- ◆ The commitment needed on your part for treatment to be successful.
- ◆ When you can expect to begin the treatment.
- ◆ Any costing that may be applied to the treatment.

At this point you will be given the chance to ask any more questions. If you would like to go ahead with treatment you will be asked for written consent.

### When will treatment start?

This will depend on:

- ◆ How many of your adult teeth have come through. Many treatments are best left until the adult teeth have replaced the baby teeth.
- ◆ Problems with tooth brushing or tooth decay, which will have to be addressed before braces are fitted.
- ◆ The degree of urgency for your particular case. Certain types of bites are best treated while you are growing while some treatments are delayed until growth of the face has stopped.

Exact timings for treatment will be explained by the orthodontist in detail at your appointment.

### Who will carry out my treatment?

The orthodontist often carries out your treatment personally, although in some cases another member of the team (orthodontic therapist) may treat you. Our nursing team will take any records (X-rays, photos) that are required. On occasions your own dentist will be asked to carry out treatment under the guidance of the specialist orthodontist. If your treatment requires any tooth extractions, this will be referred back to your own dentist who may carry out the procedure or may refer you to hospital.

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*If you have any further questions that you feel you would like to ask, then please write them down and bring them with you to your next appointment. It is important you fully understand what is involved in having orthodontic treatment before you decide to go ahead.*

#### GET IN TOUCH

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# ORTHODONTIC TREATMENT – WHAT ARE THE RISKS?



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If you are thinking of having orthodontic treatment, you will need to know about the benefits and risks. You may want to ask some questions before you decide whether to go ahead.



## **What is orthodontic treatment?**

Orthodontic treatment usually involves wearing braces. Orthodontic treatment may involve the extraction of teeth, but only when necessary. Your orthodontist will advise you during treatment planning.

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

There are many benefits of having orthodontic treatment such as:

- ◆ *Improve appearance of the teeth and face*
- ◆ *Improved health of teeth and gums*
- ◆ *Improved bite, making it easier to eat*

## **What are the possible risks of orthodontic treatment?**

Patients should finish their orthodontic treatment with healthy teeth and gums. Unfortunately, some patients do experience problems during orthodontic treatment. Your orthodontist will talk to you about the common risks of treatment and about those that might particularly affect you.

**MOST PROBLEMS ARE PREVENTABLE IF YOU TAKE CARE OF YOUR TEETH AND GUMS**

## **Will I end up with marks on my teeth?**

Your teeth will be damaged unless you keep them clean and are sensible about what you eat and drink.



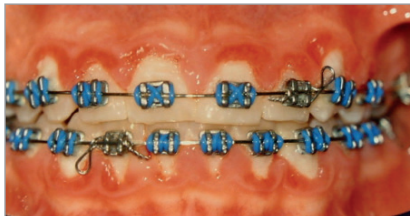
**MAKE SURE THIS  
DOESN'T HAPPEN  
TO YOUR TEETH!**



It is important to brush your teeth well a minimum of twice a day, with fluoride toothpaste. If you do not keep your teeth and braces clean, you risk ending up with permanent white or brown marks on your teeth. The picture above shows this. Rinsing with fluoride mouth-wash at bedtime after tooth brushing, will also help to keep your teeth healthy. If you have too many sweets, sugary foods, fruit drinks or fizzy drinks you also risk ending up with marks on your teeth. The more often you have sugary foods or drinks, the more likely you are to damage your teeth, so avoid sweet things between meals.

### Will my gums be damaged?

Most patients experience a little redness and swelling of the gums whilst wearing a brace. The problem usually disappears once the brace is removed. However, if you do not brush your teeth and brace properly, your gums may become very swollen during treatment, causing lasting damage.



### Does it matter if I have injured my teeth in the past?

Please tell your orthodontist if you have previously knocked or damaged a front tooth. If this has happened to you, then there is a risk that your tooth may need further treatment while you are wearing a brace. One sign of this is that the tooth may become darker over time. If any treatment is needed, this will usually be carried out by your regular dentist.

### Will the roots of my teeth be damaged?

All brace work causes minor changes to the roots of the teeth. This is not usually a problem. Occasionally, changes to the roots can be more serious. It is often possible to tell if someone is at risk, but not always. If you are at particular risk your orthodontist will talk to you about this.

### Will my teeth be painful?

Your teeth are likely to be sore for about 3 - 5 days after the brace is fitted and each time it is adjusted. If necessary, painkillers such as the ones you would normally take for a headache may help. Please follow the instructions on the packet. If your brace rubs your lips or cheek, you can be given a product to help with this. If you are experiencing extreme pain please call 0118 9775121 to get advice from your orthodontist.

### Is there a chance that my treatment won't be successful?

Your orthodontic treatment should be successful if you are committed to your treatment, look after your teeth and braces well, follow your orthodontist's instructions and ensure that you attended your regular appointments to have the brace adjusted.



### Will my teeth move after treatment?

You will be asked to wear retainers after active treatment. Retainers are designed to hold the teeth in their new straight position. It is very important that you wear your retainers as instructed. How long you will need to wear them depends on how your teeth originally looked. Your orthodontist will discuss this with you at the end of active treatment.

You can expect your teeth to move a little once you stop wearing retainers. Changes in the position of your teeth can continue throughout life and are a part of the normal ageing process. To maintain the teeth in the position they were in when your braces were removed, it is advised that you wear your retainers once a week on a long term basis.

### Are there any other risks?

There are some rare risks which only affect a few people. If there is a particular risk involved in your treatment, your orthodontist will talk to you about this.

*If you have any more questions that you would like to ask, please write them down and talk to your orthodontist at your next appointment. It is important that you fully understand what is involved in having treatment before you decide to go ahead.*

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### What about tooth brushing?

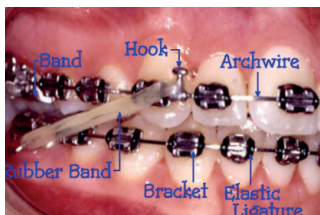


It is important you brush your teeth well, three times per day using fluoride toothpaste. If possible carry a brush with you for use after lunch. Pay particular attention to brush where the gums meet the teeth. Brushing will take a little longer when you have a fixed brace. A daily fluoride mouth rinse should also be used, preferably last thing at night after brushing, to further protect the teeth. Failure to keep your teeth and brace clean will lead to permanent marking on the teeth, as shown in picture to the left.

### How long will treatment take?

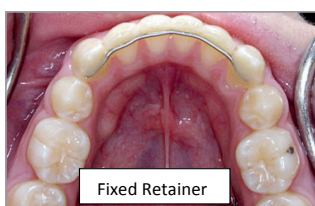
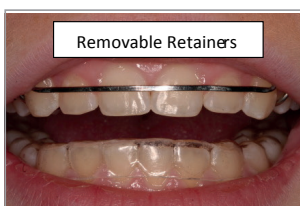
It usually takes 12 - 24 months for orthodontic treatment but will vary depending on how severe your case is. Failed and cancelled appointments or repeated breakages of the brace will add time to the overall treatment time.

### Will I need to wear anything in addition to the fixed brace?



It may be necessary for you at some stage during your treatment to wear headgear and/or elastics. Headgear is usually worn in the evenings and at night. Elastics are worn inside the mouth all the time, including mealtimes. Your orthodontist will discuss the need for wearing these during your treatment.

### Will I need to wear another brace once my treatment has finished?



Once the active phase (fixed braces) has been finished, it will be necessary to wear a retaining brace. This may be removable or it may be fixed behind your front teeth. The length of time this has to be worn can vary.

### How often will I need an appointment?

You will need regular appointments during treatment for the brace to be adjusted. Appointments are normally every 4 - 12 weeks depending on the treatment required. Your orthodontist will advise when your next appointment is required.

### Do I still need to see my regular dentist / hygienist?

Yes, it is very important to have regular check-ups with your regular dentist throughout your orthodontic treatment so that your teeth can be checked for decay and your hygienist for regular scale & polish to maintain good oral health.

### Can I still play contact sports while wearing fixed braces?



Yes but it is recommended you wear a gum shield specially designed for patients with fixed orthodontic braces. These are available from our reception. Please ask your orthodontist which size would be suitable.

### What if I play a musical instrument?

If you play a wind instrument, then a fixed brace may make it more difficult. You will need to discuss this with your music teacher and orthodontist. Please ask for our separate advice sheet for more guidance.

### What do I do if my brace breaks?

Ring up for advice as soon as reasonably possible. Triage will be offered and a suitable appointment will be offered.

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Below are some examples of teeth before and after orthodontic treatment:



Before



After



Before



After

Now that you have a fixed brace you may have some questions you would like answered.

## Will it be painful?

It is likely to be uncomfortable for about 3 - 5 days each time the brace is adjusted. If necessary, painkillers such as the ones you would normally take for a headache may help (please read the instruction on the packet). If the brace rubs your lips or cheeks, you will be given some wax to help with this.

## Can I remove the brace?

The brace you are now wearing is fixed to the teeth for the whole of your treatment. You should not try to remove it, as you may damage your teeth and the treatment will not work.

## Can I eat normally?

Yes you should be able to eat normally, however, for orthodontic treatment to work well and in the shortest possible time it is important you take care of your teeth and brace. In order to prevent damage to both, you should avoid:

- ♦ Eating toffees, boiled sweets, chewing gum, chocolate bars, etc.
- ♦ Fizzy drinks (including diet drinks and water) and excessive amount of fruit juice.
- ♦ Take care when eating hard foods which might damage the brace such as crunchy apples, crusty bread – food such as these should be cut up first.

# NHS Patient/Orthodontist Partnership Contract

This is a Thames Valley Area patient/orthodontist partnership contract given to all patients undertaking orthodontic treatment at Belur Orthodontics. Patient compliance is vital to enable us to achieve the best possible orthodontic treatment outcome. This document provides useful information to ensure that treatment progresses smoothly and that our patients obtain the best possible results.

## The Patient's Commitment

I ..... wish to undertake orthodontic treatment at Belur Orthodontics. My treatment has been discussed with me by my Orthodontist. I have read and understood the leaflet entitled 'What are the Risks of Orthodontic Treatment?' I understand that I will be given a separate written NHS orthodontic treatment plan. This outlines details of the braces and retainers that I will be given, in addition to other important facts about my proposed treatment.

## Active Orthodontic Treatment

Once the braces have been fitted, I understand that I will need to attend on a regular basis for adjustments, normally every 6 -10 weeks, during school hours. I have been informed by my Orthodontist how long my active treatment is likely to take.

I will need to maintain a good standard of oral hygiene, keeping my teeth and braces clean and follow the advice of the orthodontists and their staff. If my cleaning does not reach the acceptable standard I understand that my teeth might be permanently marked and that the Orthodontist may suggest that my braces are removed early and my treatment 'discontinued'. I am aware that I have to avoid sticky/hard food and fizzy drinks. If my braces are broken repeatedly, I understand that the Orthodontist may be forced to terminate my treatment and that I will not be able to access this treatment elsewhere on the NHS. Also, if I do not wear my removable appliance, functional appliance, or elastics as directed my treatment may be terminated.

**I understand that I will need to attend the appointments on time and on the correct day. If I am late, the Orthodontist may be unable to see me since his/her treatment session might subsequently run late and thus inconvenience all other patients scheduled to attend after my appointment. If I miss my appointment or cancel without giving 24 hours' notice, I will be offered the next available appointment (usually six to eight weeks after the date of my failed/late cancelled appointment). Should this happen on two occasions, in conjunction with the Area Team of NHS England, my treatment may be terminated prematurely and I will not be able to access this treatment elsewhere on the NHS.**

**I understand that if I am verbally or physically abusive, my treatment will be terminated immediately.**

## The Retention Period and Retainers

At the end of active treatment the Orthodontist will remove my braces and fit retainers. The Orthodontist will explain what retainers are and why they must be worn. The 'retention period' commences the day that braces are removed.

## Removable and fixed retainers

- I understand that, if retainers are removable, they need to be worn in accordance with the instructions given to me.
- I understand that, once the braces are removed, the responsibility for the future position of my teeth depends on my wearing the retainers long term.
- I understand that the Practice will supervise retention for a period of one year ONLY (the cost of this supervision is included in the NHS contract) and that I will be discharged back to my General Dental Practitioner after this period. Following this year period, replacement retainers will be charged for on a private basis, regardless of age or exemption status. This condition also applies to the provision of retainers by the General Dental Practitioner.
- I understand that, if removable or fixed retainers are broken or lost during this initial one year period, there may be a charge. If a fixed retainer is used, it usually remains in position for at least 5 years. If



I return after being discharged to have this (or any other type of retainer) repaired or removed, there will be a charge.

- I understand that, at the end of this initial year of retention, my treatment at Belur Orthodontics will be officially complete. There will be a charge for any further appointments, the repair or replacement of removable retainers and the repair or replacement of bonded retainers.
- I understand that teeth may try to move throughout life due to continued growth/development or other biological changes and that I am strongly recommended to continue with part-time wear of the retainers on a **permanent basis** (ie for life). My Orthodontist cannot be responsible for any movement of my teeth if I choose to stop wearing the retainers.
- If I contact the Practice, or any other Orthodontist, subsequent to ceasing the wear of my retainers with a problem that my teeth are moving out of alignment, I realise that any further treatment may involve the use of fixed appliances. There will be a charge for a review appointment (to assess the problem), and for any subsequent treatment. **Such subsequent treatment is very unlikely to be available on the NHS unless there are very exceptional circumstances that can be evidenced.**

### **The Orthodontist's Commitment**

The Orthodontist will explain the treatment as fully as possible and make sure you understand the treatment options. You will also be given a printed treatment plan. This outlines details of the braces and retainers that will be used, in addition to other important facts about the proposed treatment.

The Orthodontist/Therapist will endeavour to see you on time for each appointment. If a clinic is running late, this is probably due to circumstances beyond the control of the Orthodontist/Therapist. If your Orthodontist is unavailable you may be seen by another Orthodontist/Therapist. For an emergency appointment, the Orthodontist/Therapist may remove any discomfort only and a full repair may have to wait until your normal booked appointment.

#### **During a course of active treatment and your retention period:**

- We are only able to provide a maximum of 2 repairs to a fixed appliance.
- If you break/lose a removable appliance or retainer, a charge may be incurred.
- Excessive numbers of breakages mean that treatment will be ineffective and prolonged, and the Orthodontist may be forced to terminate it prematurely.

Please be informed that you might be able to claim a refund for payments made for lost/broken appliances if the charge causes 'undue financial hardship'. Form FP17R11 can be downloaded from the Business Services Authority website ([www.nhsbsa.nhs.uk/Dental\\_Services.aspx](http://www.nhsbsa.nhs.uk/Dental_Services.aspx)). Your receipt should be sent with the completed form to the Dental Services Division of the BSA.

### **Out of Hours Emergencies**

If you have any discomfort in relation to your brace outside normal surgery hours, the information leaflet given to you on the day the brace was fitted contains advice on how to deal with common problems. If the problem cannot be resolved by following the advice, please contact the responsible out of hours providers (details of which are available at the Orthodontic Practice and your General Dental Practice). Please note that this is reserved for severe discomfort related to your brace which you cannot rectify yourself by ceasing the wear of the brace or removing the offending part yourself as a temporary measure.

I, ..... the Patient/Parent/Guardian of .....  
hereby consent to the above named patient undergoing the proposed orthodontic treatment

Signed: ..... Patient/Parent/Guardian      Date: .....



The Aylesbury Studio, 54 – 56 Cambridge Street  
 Aylesbury HP20 1RS  
 Tel: 01296 796 546  
 Email: mail@belurorthodontics.co.uk

## TREATMENT PHOTOGRAPHS - CONSENT FORM

Name .....

Date of Birth .....

Please initial  
box

I confirm that I have given permission for my treatment photographs to be used by Belur Orthodontics. I agree that my photographs may be used for research and education and/or marketing purposes. I am giving consent for reproduction of images of my teeth only. I understand that no full facial images will be used, nor will any personal details, including my name, be published together with the images.

☐

Please tick and initial this box if you consent to your photographs and video being used on Social Media:

☐

Please also tick and initial this box if you consent to full facial images being used:

☐

I can confirm I am either over 18 years old or that a parent/Guardian over the age of 18 years old has given consent for the above.

☐

\_\_\_\_\_  
 Name of Patient  
 (If patient is over 18 years)

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Signature

\_\_\_\_\_  
 Name of Parent/ Guardian  
~~If patient is under 18 years of age~~

\_\_\_\_\_  
 Date

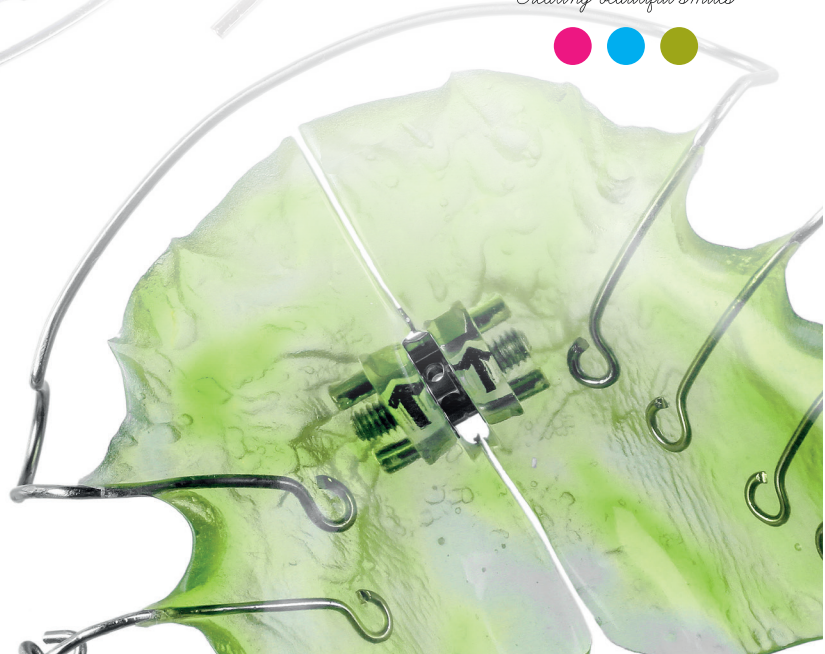
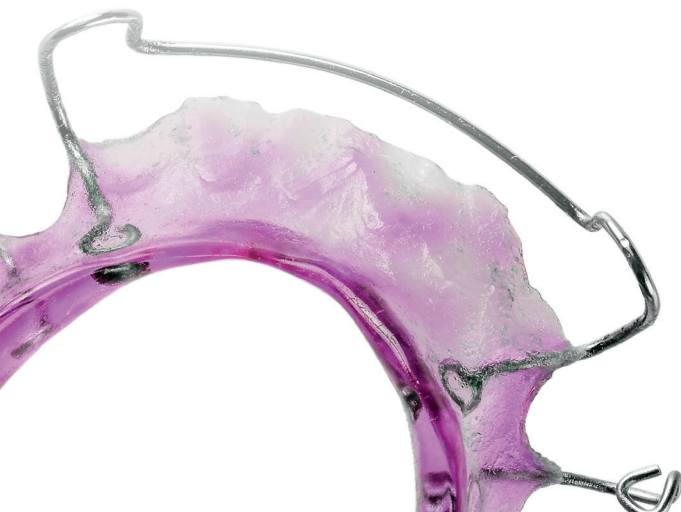
\_\_\_\_\_  
 Signature

# REMOVABLE ORTHODONTIC RETAINERS



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Now that you have completed the active stage of orthodontic treatment, you will need to wear retainers and may have some questions you would like answered.



## **What is a retainer and how important is it that I wear it?**

Retainers are designed to maintain the orthodontic alignment of your teeth. Now that your teeth are straight, if you DO NOT wear your retainer, your teeth are likely to drift towards their original position. If this happens it may be difficult, if not impossible, to correct.



**A removable  
retainer**



### How long will I have to wear the retainers?

This will vary according to how your teeth originally looked before the orthodontic treatment was started. However, as a general rule you will be asked to wear a removable retainer for at least 12 months. This may mean wearing it all the time at first, before going on to just nighttime wear. You will be advised if long term wear is required.

### How might the retainers affect me?

Your speech will be different. Practice speaking with the retainer in place e.g. read out loud at home on your own, and in this way your speech will return to normal within a couple of days. You may also find you produce more saliva and that you find yourself swallowing a lot to begin with. This is quite normal and will quickly pass.

### Can I eat normally?

Whether you have been instructed to eat with your retainer in or out, you should take care to avoid: sugary things such as cakes, biscuits and sweets between meals and fizzy drinks including diet drinks and water, or excessive amounts of fruit juice.

### What about tooth brushing?

It is important you brush well three times per day and use fluoride toothpaste. If possible carry a brush with you to use after lunch. Take the retainer out to clean your teeth. You should also gently brush the retainer, taking care not to damage any wires. A daily fluoride mouth rinse should be used last thing at night, after tooth brushing. Failure to keep your teeth and retainer clean will lead to permanent scarring of your teeth.

### Can I remove the brace?

If you have been asked to wear the retainer full time, it should only be removed for cleaning. When it is not in the mouth it should be kept in a retainer pot. These are available from our reception. Never wrap the retainer in a tissue as this is how they get lost or broken. A fee is payable under the National Health Service if a retainer needs to be replaced. DO NOT click the retainer in and out with your tongue as this can damage or break it. If the retainer cannot be worn because it is being repaired, your teeth may not remain straight.

### How often will I need an appointment?

You will not need to be seen so often now that you are wearing retainers and appointments are normally every 3 to 4 months. Your orthodontist will advise you about this.

## A removable retainer

### Do I still need to see my regular dentist?

Yes, it is very important to keep regular appointments with your dentist and hygienist. Now that you are wearing removable retainers, it will be easier to check your teeth for decay. This is particularly so if your previous brace was fixed to the teeth.

### What should I do if I play contact sports?

Now that your teeth are straight it is important to obtain a custom made mouth guard for playing any form of contact sports. We recommend you seek advice from your general dentist regarding appointments to have a mouth guard made. Removable retainers should be removed for all contact sports.

### What do I do if my retainers break?

Please call the practice where you had your treatment as soon as reasonably possible. Do not wait for your next routine appointment as your teeth may move while not wearing your retainers. If the retainer is lost or broken beyond repair there will be a fee payable for both National Health Service patients and private patients.

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# FUNCTIONAL APPLIANCES



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Now that you have a functional brace you may have some questions you would like answered.

## **What is a Functional Appliance?**

A functional appliance is a removable or fixed appliance that works on the upper and lower teeth at the same time, using forces generated by the stretching of facial muscles during the patient's growth to alter skeletal / dental relationships.

## **How much do I need to wear the brace?**

The number of hours per day that you are expected to wear the brace will be explained to you by the orthodontist. For treatment to work it is important you follow these instructions. With the correct number of hours of wear you may find the improvement in the position of your teeth can be quite dramatic.



**Before and after functional appliance treatment**

## **Will it be painful?**

It is likely to be sore and uncomfortable for about 3-5 days each time the brace is adjusted. If necessary, painkillers such as the ones you would normally take for a headache may help (please read the instruction on the packet). If there is an obvious area of soreness as a result of the brace, ring for an appointment as soon as reasonably possible. If possible, do not stop wearing the brace or else you will have to go through the 3 - 5 days of discomfort all over again when you start wearing it.



### How else might it affect me?

Your speech will be different. Practice speaking with the brace in place e.g. read out loud at home on your own, and in this way your speech will return to normal within a couple of days. You may also find yourself swallowing a lot to begin with. This is quite normal and will pass within a few days.

### Can I eat normally?

You may not be able to eat with your functional appliance in place. You will be advised about this by your orthodontist. If you have been told to take it out for eating, make sure it is placed in a tough retainer box (available from reception). For orthodontic treatment to work well and in the shortest possible time it is important you take care of your teeth and brace. In order to prevent damage to both, you should:

- ♦ *Avoid eating toffees, boiled sweets, sugared chewing gum, chocolate bars, etc.*
- ♦ *Avoid drinking fizzy drinks (including diet and water) and excessive amounts of fruit juice.*

### What about tooth brushing?

It is important you brush your teeth well, three times per day and using fluoride toothpaste. If possible carry a brush with you for use after lunch. Take the brace out to clean your teeth. You should also gently brush the brace, taking care not to damage the wires. A daily fluoride mouthwash should also be used last thing at night, after brushing. Failure to keep your teeth and brace clean will lead to permanent marking on the teeth, as shown.

### Can I remove the brace?

Some types of functional appliance are removable while others are fixed in place. Your orthodontist will advise you about this. If your brace is removable then it should be out of the mouth for the shortest time possible always keeping it in a protective box. Do not click the brace in and out of the mouth as this will break the wires and increase your treatment length.

### How long will treatment take?

It usually takes 6 - 24 months for orthodontic treatment but will vary depending on how severe your case is. Most of the work with the brace is usually completed in about 9 - 12 months. You may then have to wear the brace at night for a while or you may progress to a second phase of treatment with a different type of brace. You will be advised about this by your orthodontist. Failed and cancelled appointments or repeated breakages of the brace will add time to the overall treatment time.

### How often will I need an appointment?

You will need regular appointments during treatment for the brace to be adjusted. Appointments are normally every 4 - 12 weeks depending on the treatment required. Your orthodontist will advise when your next appointment is required.

### Do I still need to see my regular dentist / hygienist?

Yes, it is very important to have regular check-ups with your regular dentist throughout your orthodontic treatment so that your teeth can be checked for decay and your hygienist for regular scale & polish to maintain good oral health.

### Can I still play contact sports while wearing fixed braces?

Yes, you should wear your gum shield instead of your removable appliance when you play contact sports. You should also remove the brace for swimming, gymnastics and trampolining. You will be advised about this at your fitting appointment. When not in your mouth the brace should be kept in a protective retainer box. These are available from our reception. Please ask your orthodontist which size mouth guard would be suitable.

### What do I do if my brace breaks?

Ring up for advice as soon as reasonably possible. Triage will be offered and a suitable appointment will be offered. Please do not wait until a routine appointment as this may delay your treatment. If you repeatedly break your brace treatment may be stopped.

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# REMOVABLE APPLIANCES



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Now that you have a removable brace you may have some questions you would like answered.

## Will it be painful?

It is likely to be uncomfortable for about 3 - 5 days each time the brace is adjusted. If necessary, painkillers such as the ones you would normally take for a headache may help (please read the instruction on the packet). If there is an obvious area of soreness as a result of the brace, ring for an appointment as soon as reasonably possible. If possible, do not stop wearing the brace or else you will have to go through the 3 - 5 days of discomfort all over again when you start wearing it.

## How else might it affect me?

Your speech will be different. Practice speaking with the brace in place e.g. read out loud at home on your own, and in this way your speech will return to normal within a couple of days. You may also find yourself swallowing a lot to begin with. This is quite normal and will pass within a few days

## Can I eat normally?

Yes you should be able to eat normally. It is important to keep the brace in whilst eating unless you are otherwise instructed. Although it may be difficult at first, eating with the brace in place will become easier. After each meal remove the brace and rinse thoroughly and if possible clean with your toothbrush after each meal. For orthodontic treatment to work 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:

- ◆ Avoid eating toffees, boiled sweets, chewing gum, chocolate bars, etc.
- ◆ Fizzy drinks (including diet drinks and water) and excessive amount of fruit juice.
- ◆ Take care when eating hard foods which might damage the brace such as crunchy apples, crusty bread – food such as these should be cut up first.



### What about tooth brushing?

It is important you brush your teeth well, three times per day using fluoride toothpaste. If possible carry a brush with you for use after lunch. Take the brace out to clean your teeth. You should also gently brush the brace, taking care not to damage the wires. A daily fluoride mouthwash should also be used last thing at night, after brushing. Failure to keep your teeth and brace clean will lead to permanent marking on the teeth, as shown in the picture below.



**DO NOT LET THIS HAPPEN  
TO YOUR TEETH!**

### Can I remove the brace?

Yes but you should only remove for cleaning your teeth. Do not repeatedly 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.

### How long will treatment take?

It usually takes 6 - 24 months for orthodontic treatment but will vary depending on how severe your case is. Failed and cancelled appointments or repeated breakages of the brace will add time to the overall treatment time.

### How often will I need an appointment?

You will need regular appointments during treatment for the brace to be adjusted. Appointments are normally every 4 - 12 weeks depending on the treatment required. Your orthodontist will advise when your next appointment is required.

### Do I still need to see my regular dentist / hygienist?

Yes, it is very important to have regular check-ups with your regular dentist throughout your orthodontic treatment so that your teeth can be checked for decay, and with your hygienist for regular scale & polish to maintain good oral health.

### Can I still play contact sports while wearing removable braces?

Yes, you should wear your gum shield instead of your removable appliance when you play contact sports. You should also remove the brace for swimming, gymnastics and trampolining. You will be advised about this at your fitting appointment. When not in your mouth the brace should be kept in a protective retainer box. These are available from our reception. Please ask your orthodontist which size mouth guard would be suitable.

**MOUTH GUARDS AND RETAINER BOXES ARE  
AVAILABLE FROM RECEPTION**



### What if I play a musical instrument?

If you play a wind instrument then you may be advised to remove the brace whilst playing. However, when the brace is not in your mouth it should always be kept in a retainer box. You will need to discuss this with your music teacher and orthodontist. Please ask for our separate advice sheet for more guidance.

### What do I do if my brace breaks?

Ring up for advice as soon as reasonably possible, and a suitable appointment will be offered. Please do not wait until your routine appointment as this may delay your treatment. If you repeatedly break your brace, treatment may be stopped.

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# ORTHOGNATHIC SURGERY



**BELUR  
ORTHODONTICS**

*Creating beautiful smiles*



If you are considering having orthodontics and jaw surgery you may have a number of questions you would like answered.



## Why might I need surgery?

In order to correct the position of the teeth and provide a functioning bite the supporting bones of the jaw must be in the correct position. If this is not the case orthodontics alone will not correct the bite. Surgery will be required to move the jaws into the proper position so the teeth will then meet correctly.

## If I need jaw surgery, why do I also require orthodontics?

If the jaws are to be moved into the correct position it is important your teeth are moved so that they will meet properly after surgery.

## What type of brace will I need to wear?

Fixed braces are used prior to jaw surgery because they permit the most accurate positioning of the teeth prior to the operation.



**Bite before surgery**



**Bite after surgery**



### **Are the braces removed just before the operation?**

No, the braces remain in position during and after the operation for a number of months. During the operation they help the surgeon to position the jaws correctly. After the operation they help the orthodontist fine tune the bite with the aid of elastic bands.

### **How will the operation be done?**

The majority of the operation will be done from inside your mouth.

### **Will my jaws be wired together?**

Patients having jaw surgery used to have their teeth wired together for 6-8 weeks afterwards. However, this is now fairly unusual as small metal plates are used to hold the fracture sites together. These plates are on the surface of the bone but beneath the skin, and generally remain in place forever. Very occasionally they are removed at a later date.

### **How long will I be in hospital?**

This varies, but in general between 3-5 days. This will be discussed by the surgeon at your consultation appointment.

### **Can I eat normally?**

Yes: up until the operation you should be able to eat normally. For your orthodontic treatment to work well and in the shortest possible time it is important you take care of your teeth and brace. In order to prevent damage to both, you should avoid the following: toffees, boiled sweets, chewing gum, fizzy drinks including water and diet drinks, excessive amounts of fruit juice. After your operation you will have a more liquid diet for the first few weeks. However, the dietician at the hospital will advise you about this nearer the time.

### **Are there any after effects?**

You will have some swelling and bruising after the operation. This will rapidly begin to subside over the first 2-3 weeks. For operations on the lower jaw it is fairly common to have some numbness of the lower lip for some weeks or months afterwards. In a very small number of cases a residual area of numbness will remain. This numbness will not affect movement of the lip, only the feeling in it, in a similar way to an injection at the dentist. As with any operation, you will have to take it easy for the first week or two afterwards. You should therefore expect to be off college/work for at least this length of time.

### **Will I look very different after the operation?**

You will almost certainly look different to some degree. How different, usually depends on how much movement of the jaw is required. You should discuss this with your orthodontist and maxillofacial surgeon.

### **How long will the overall treatment take?**

It usually takes 12 - 36 months but will vary according to how severe your case is. Failed and cancelled appointments or repeated breakages of the brace will add time to the overall treatment time.

### **How often will I need appointments?**

You will need frequent and regular appointments with the orthodontist during treatment for the brace to be adjusted. It is also important to still have regular check-ups with your regular dentist.

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*If you have any further questions that you feel you would like to ask, then please write them down and bring them with you to your next appointment. It is important to fully understand what is involved in having a combined treatment involving orthodontics and jaw surgery.*

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Now that you have a headgear you may have some questions you would like answered.

## **What is the purpose of the headgear?**

Headgear is worn to move the back teeth, or keep them in their present position, whilst the front teeth are being straightened. Failure to wear the headgear as instructed may mean your front teeth will be left sticking out at the end of treatment.

## **Are there any special instructions I need to know?**

Yes, you will have been shown how to put the headgear on and off whilst at the surgery. The important points to remember are:

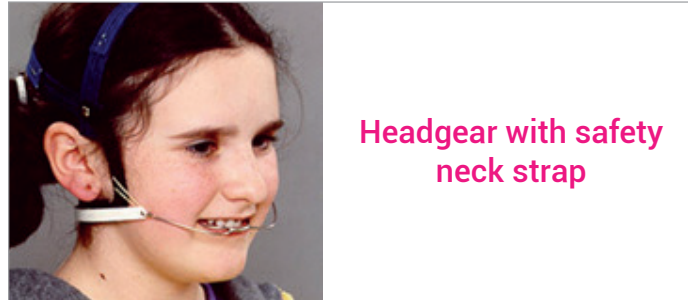
- ◆ Remove the headgear (neck / head strap) before the inner bow. Never remove or fit the headgear in one piece by pulling the headgear over the face/head.
- ◆ Do not wear the headgear while playing sports or rough games. Never allow younger siblings to grab the headgear while you are wearing it.
- ◆ At night, always ensure the safety strap is in place to prevent accidental removal of the headgear and face bow.
- ◆ Should any part of the appliance become detached during sleep, stop wearing the headgear and contact your Dentalign branch to book an appointment to see the orthodontist.
- ◆ Very rarely, eye injuries have occurred whilst wearing headgear. If this should happen, it must be treated as a medical emergency. Please attend your local Accident and Emergency Department for an ophthalmic (specialist eye) opinion as soon as possible.
- ◆ Please remember to bring your headgear appliance to each appointment so that it may be checked and report any problems to your orthodontist.

### Will it be painful?

Your teeth may ache for about 3 – 5 days after the headgear has been fitted. If necessary, a mild painkiller such as ones you would normally take for a headache may help ( please always remember to read the instructions first on the packet regarding dosage). Do not stop wearing the headgear because of toothache, otherwise you will have to go through the discomfort all over again when you start wearing it once more.

### How long will I have to wear the headgear?

It is important for you to wear the headgear for the number of hours specified to you. If you do not wear it for the correct number of hours, it will not be possible to complete your treatment successfully.



### Can I eat with headgear on?

No, it will not be possible for you to eat and drink with headgear in place. Please remove it prior to eating but always remember to put it straight back on afterwards.

### What about tooth brushing?

It is important you brush your teeth well, three times per day and use fluoride toothpaste, paying particular attention to the bands around your molar teeth. You should remove the headgear to brush your teeth.

### What do I do if I have problems wearing the headgear?

If you have any problems with the headgear e.g. the headgear comes off during the night, or the whisker will not stay in place:

**YOU SHOULD STOP WEARING  
IT IMMEDIATELY**

*Ring up for an appointment as soon as reasonably possible. Do not wait for your next scheduled appointment and make sure you bring all the parts of the headgear with you.*

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Now that you have completed the active stage of orthodontic treatment, you will need to wear retainers and may have some questions you would like answered.

## **What is a retainer and how important is it that I wear it?**

Retainers are designed to maintain the orthodontic alignment of your teeth. Now that your teeth are straight, if you DO NOT wear your retainer, your teeth are likely to drift towards their original position. If this happens it may be difficult, if not impossible, to correct. You will be issued with retainers at the end of the active phase of your treatment, immediately after your braces are removed. You may be issued with a clear plastic or metal type removable retainer(s) or a fixed retainer, or in some cases you may be given both.



**Removable retainers**

## **How long will I have to wear the removable retainers?**

This will vary according to how your teeth originally looked before the orthodontic treatment was started. However, as a general rule you will be asked to wear a removable retainer for at least 12 months. This may mean wearing it all the time at first, before going on to just night-time wear. You will be advised if long term wear is required.

## **How might the retainers affect me?**

Your speech will be different. Practice speaking with the retainer in place e.g. read out loud at home on your own, and in this way your speech will return to normal within a couple of days. You may also find you produce more saliva and that you find yourself swallowing a lot to begin with. This is quite normal and will quickly pass.

### Can I eat normally?

Whether you have been instructed to eat with your retainer in or out, you should take care to avoid: sugary things such as cakes, biscuits and sweets between meals and fizzy drinks including diet drinks and water, or excessive amounts of fruit juice.

### What about tooth brushing?

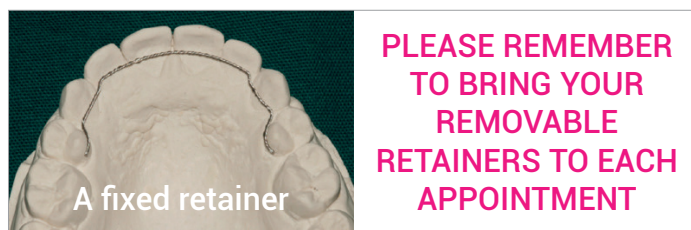
It is important you brush well three times per day and use fluoride toothpaste. If possible carry a brush with you to use after lunch. Take the retainer out to clean your teeth. You should also gently brush the retainer, taking care not to damage any wires. A daily fluoride mouth rinse should be used last thing at night, after tooth brushing. Failure to keep your teeth and retainer clean will lead to permanent scarring of your teeth.

### Can I remove the retainer?

If you have been asked to wear the retainer full time, it should only be removed for cleaning. When it is not in the mouth it should be kept in a retainer pot. These are available from our reception. Never wrap the retainer in a tissue as this is how they get lost or broken. A fee is payable under the National Health Service if a retainer needs to be replaced. DO NOT click the retainer in and out with your tongue as this can damage or break it. If the retainer cannot be worn because it is being repaired, your teeth may not remain straight.

### How often will I need an appointment?

You will not need to be seen so often now that you are wearing retainers and appointments are normally every 3 to 4 months. Your orthodontist will advise you about this.



### What is a fixed retainer?

A fixed retainer is a thin wire permanently attached to the inside of the front teeth. Your Orthodontist will advise you on how to keep the fixed retainer clean, but care should be taken with eating crunchy food. If you experience any problems with a fixed retainer please make an appointment to see your Orthodontist.

### Do I still need to see my regular dentist?

Yes, it is very important to keep regular appointments with your dentist and hygienist. Now that you are wearing retainers, it will be easier to check your teeth for decay. This is particularly so if your previous brace was fixed to the teeth.

### What should I do if I play contact sports?

Now that your teeth are straight it is important to obtain a custom made mouth guard for playing any form of contact sports. We recommend you seek advice from your general dentist regarding appointments to have a mouth guard made. Removable retainers should be removed for all contact sports.

### What do I do if my retainer breaks?

Please call the practice where you had your treatment as soon as reasonably possible. Do not wait for your next routine appointment as your teeth may move while not wearing your retainers. If the retainer is lost or broken beyond repair there will be a fee payable for both National Health Service patients and private patients.

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