



TREATMENT OVERVIEW

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

BRACES

Braces are a fixed orthodontic option and consist of 3 components, brackets, wires and ligatures. Brackets are fixed to the front (labial) surface of most teeth. A metal wire is sits in a gap in the brackets. It is the wire that is responsible of the tooth movement. The wire is secured by a ligature which can be elastic or metal. Ligatures comes in many shapes, colours and sizes. In order to move teeth there are occasions we will be required to place bite blocks/guards which will open you bite slightly. This it to remove any interference from teeth in the opposite arch. We will ensure that you will still be able to bite an eat.

ALIGNERS

Aligner are clear retainers which should be worn throughout the day, but can be removed for eating. Orthodontic treatment with aligners involves a series of aliagners which graduallymove the postion of the teeth to the correct places. During any Aligner treatment it is VITAL that they are worn are all times. Any lack of compliance WILL cause a delay in treatment. They are nice alternative to braces and very good option for some rotated or tilted teeth.

Braces and aligners work in slightly diffent ways and in some cases one option may not be possible due to the location of the teeth. An assessment will be carried prior to this to determine which option best suits you and your life style

EXTRACTIONS

During the treatment planning, your clinician may suggest that a tooth requires extraction prior treatment. This is usually the case when there is not enough space in the dental arch. In these case your options will be presented to you clearly. We will assist you to make a decision that you will feel comfortable with. If you're undergoing orthodontic treatment at the practice it is essential that you read the information below. Please don't hesitate to contact us if you have any questions.

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. You will be advised at the completion of treatment, the amount of time per day you have to wear your new retainers. Typically, retainers are worn every night for the first year following completion of treatment. Following this first year of retention your orthodontist 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. As the tissues around your teeth alter,your teeth can still change in position following orthodontic treatment. Continued wear of retainers for as long as your want to keep your teeth to be as straight as possible, will reduce this risk. 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.Missed appointments are disruptive to orthodontic treatment.Good cooperation will result in your treatment being completed in the shortest time. If you cannot attend let us know as soon as possible so that your appointment can be reallocated.

EMERGENCY APPOINTMENTS

If your appliance breaks please contact us as soon as possible to have it repaired in order to prevent unwanted tooth movement.

ROUTINE CHECK UPS

You should continue to see your regular dentist for check ups and dental treatment during orthodontic treatment.

DISCONTINUATION OF TREATMENT

Failure to comply with any aspect of treatment may result in treatment being discontinued prior to completion.

TREATMENT 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. We go to every length to avoid possible relapse with the use of fixed and removable retainers but relapse in orthodontics is a recognised complication.

TREATMENT TIME

Active orthodontic treatment takes approximately 3 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.

DIET

Sugar-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. Fizzy drinks-Fizzy drinks and fruit juices are acidic and may cause marks to develop on the teeth.