



# Teeth Straightening

ORTHODONTICS / INVISALIGN / BRACES / AFTERCARE



# Orthodontics.

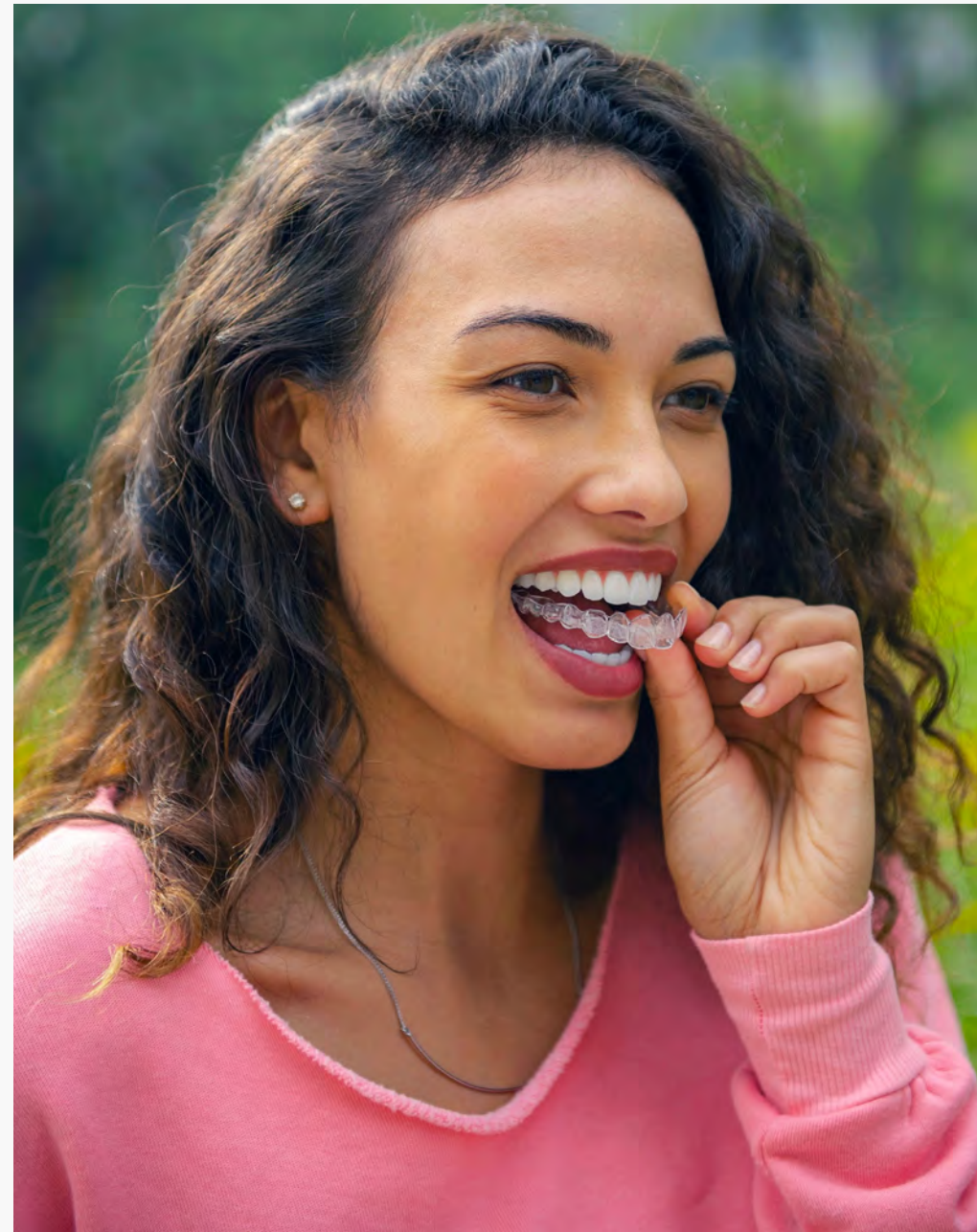
## What is Orthodontic Treatment?

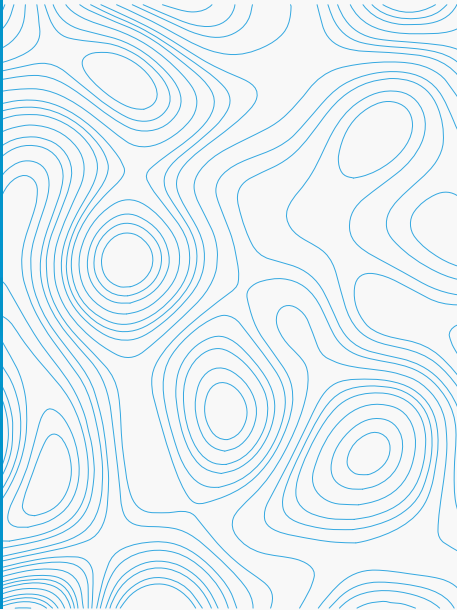
Orthodontics is the practice of rearranging teeth to treat crowded, crooked, rotated, squint and badly positioned teeth. Treatment is possible for both children and adults. It can be used to treat severe and mild areas and gives predictable results.

It is important to be aware that orthodontic treatment online changes the position of teeth not the shape or colour. In some cases orthodontics is used in with other specialities in order to achieve the perfect smile.

## How long does it take?

Each case is different and treatment lengths depend on how badly positioned everything is in the initial exam. For very mild cases it can be as fast as 6 weeks!! In some complex cases it can take up to 18 months and sometimes longer. The first exam is extensive as it allows a detailed plan to be produced. Most cases take around 4-8 months.





Invisalign is a brand name for invisible aligners. These are a Series of clear plastic aligners (gumshields) worn over 3-12 months that slowly change the position of all your teeth. They need to be worn all day and are only removed when eating. They will be changed every 2-3 weeks with a review by the dentist once every couple of months.

Invisalign are used for mild to moderate problems. Patients love them because they are so discreet and comfortable. If someone has a meeting or a presentation, they can easily be slipped out for a few minutes and popped back in once the task is complete.

As aligners can be removed sometimes they take a bit longer than planned to finish treatment. The longer they are worn the closer to the predicted treatment time.

# Braces.

Braces are fixed orthodontic appliances. Many people may have worn braces as a child and as they teeth have relapsed it may be the best options for adult braces. Braces are also the preferred treatment for severe or complex cases.

Braces are glued to the front of the teeth with a bracket, a small clear plastic appliance. A wire is then used to slowly move the teeth, the wire can also be white. The wire is secured to the brackets using elastics (donuts), these can be white or clear or if you fancy something more exciting they are available in a wide range of colours.

The braces gently move the teeth into the desired position. They require check up with the dentist every month to change the elastics and sometimes to place a new wire. Treatment time from just under 6 months up to a year. In some very complex cases this may take longer.

Despite being on permanently most patients find them comfortable after a couple of weeks and they are well tolerated. They are also usefully if someone wants mild treatment completed very quickly.





## Aftercare.

After and during any orthodontic treatment it is vital that the condition of the gums and teeth are kept as good as possible. It is advisable to have regular hygiene visits to clean the teeth especially in the areas that are moving.

After treatment is finished it is often required to have some sort of retention. This will either be a small wire glued to the back of the upper and/or lower teeth. This is known as fixed retention and stays there permanently. Alternatively a removable retainer may be constructed, this looks like an Aligner and is worn at night time for several months after treatment. It is also common that both types of retainer are provided depending on the case.

As mentioned above Orthodontics will get the teeth into the correct position, it is sometimes worth considering in the planning stages what the teeth are going to look like. If they shape and colour are not to the liking of the patients, options including composite bonding, veneers or whitening may be offered.

# Booking your appointment.

Contact us on 0131 669 9977

Email us [hello@duddingstonpark.co.uk](mailto:hello@duddingstonpark.co.uk)

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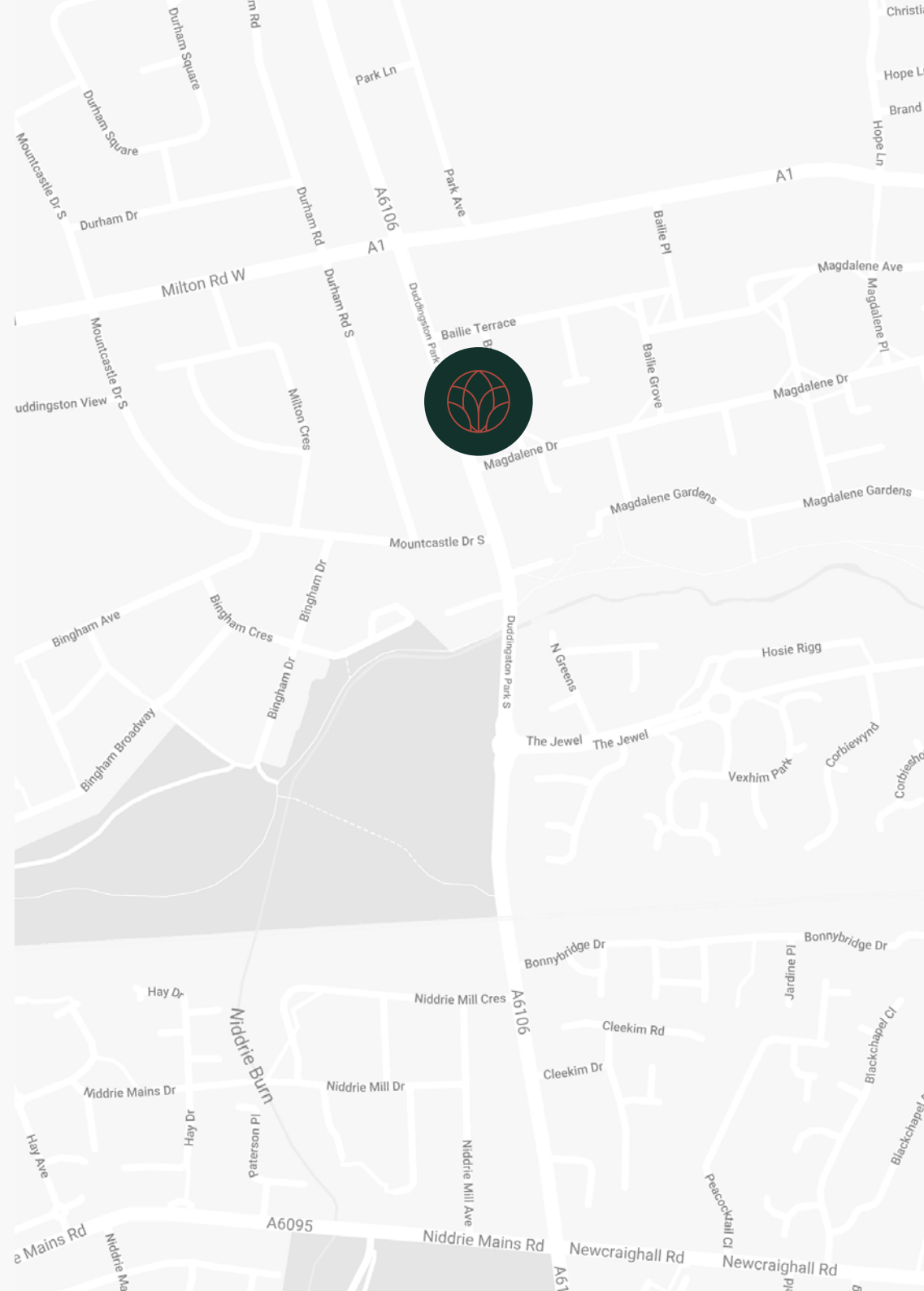
## Opening Hours

Monday: 8am – 5pm

Tuesday to Thursday: 9am – 8pm

Friday: 8am – 5pm

Saturday: 9am – 1pm





Duddingston Park