

## ADULT ORTHODONTICS

Orthodontic treatment is generally undertaken for children, however Orthodontic treatment can be successful at any age and increasing number of our patients are adults.

The biological process involved in tooth movement is the same in both adults and children. The health of your teeth, gums and supporting bone is the most important factor in determining your suitability for Orthodontic treatment.

Because an adult is no longer growing certain types of corrections are not possible with braces alone, however, much can be achieved and can be discussed individually.

Aesthetic braces and modern materials can now make Orthodontic treatment more acceptable for adults, treatment duration may vary depending on the severity of the problem.

Our practice only accepts adult patients independent of the NHS.

The cost of treatment will depend on the severity of the problem and a written quotation will be available after an initial consultation.

Payment can usually be spread over the duration of treatment, and convenient financing packages are also available.

## APPOINTMENTS

### Opening hours.

Monday - Friday 9.00am - 5.00pm  
Closed for Lunch 2.00pm - 3.00pm  
NHS Consulting Hours 9.30am - 2.00pm

### In an emergency.

Whenever possible, please contact us about emergencies during normal surgery hours. If you need to be seen the same day, please get in touch as early in the day as possible. In case of emergency after 5.00pm weekdays, weekends and bank holidays please phone 020 8559 4272 for advice and treatment if necessary.

### HOW TO FIND US?

We are **5 mins** walk from Chingford Mount.

### Buses to Chingford Mount:

Bus	444
Bus	97
Bus	215
Bus	397
Bus	158
Bus	W16

**Car park:** Car parking is available in Chingford Health Centre car park. Enter from Frankland Road.

**Facilities:** The practice is on the first floor and is not currently accessible to wheelchairs.

## MORE CHOICE - The Independent Option

You as an individual can participate in choosing the most suitable treatment option.

You have a more attractive option of aesthetic braces. The ceramic and plastic braces blend in with the teeth and are next to invisible. However they are not suitable for all cases and this can be discussed individually at the consultation.

You have more choice for appointments outside our normal NHS consulting times.

Your treatment can be commenced without delay as it avoids the need for NHS prior approval.

Your Orthodontist has greater choice in the individual prescription of treatment and is not restricted by NHS regulations in the number and design of the appliances that can be used.

**COST,** depends on the treatment required but can usually be spread over the duration of the treatment, in addition convenient financing packages are also available

## THE TEAM

### Orthodontists.

**Mrs Rehana Yaqoob** BDS MSc FDSRCS(Ed) MOrth RCS(Eng) qualified from the Royal Dental Hospital, London in 1982 and held hospital posts in London in Oral Surgery, Children's and Restorative dentistry, before completing her Orthodontic training at the Eastman Dental Hospital. She has been in Orthodontic practice since 1991 and is on the Specialist Register.

She takes a special interest in adult treatment and her MSc thesis was on 'Adult Orthodontics'.

**Dr Maire M.B.O'Donohoe** BDS(NUI) qualified in 1986 from University College Cork. Since then she has worked in general practice and as a Community Dental Officer in Paedodontics and Endodontics. She has been practising Orthodontics since 1992, at St. Mary Hospital Paddington and since 1996 with Angle House Orthodontics.

### Practice Manager

**Mrs Tracy Messenger** (RDN)