

Benefits, Risks and Inconveniences

Please read this leaflet if you are considering having orthodontic treatment and keep it for future reference. For further information on orthodontic treatment and our services visit our website on **www.anglehouseorthodontics.co.uk**

The advantages of orthodontic treatment may include:

- Improving the appearance of your face and your smile
- Straightening your teeth and closing spaces
- Correcting your bite so that the upper and lower teeth meet correctly
- Reducing the amount your teeth stick out so they are less likely to be damaged
- Moving buried teeth into line
- Making it easier for your dentist to place implants, bridges or crowns
- Correcting teeth in adult patients who have suffered from gum problems

There is little doubt that straight teeth can enhance your smile and improve self confidence. However there are some associated risks to having treatment and you should be aware of these before you start. A successful outcome will depend upon close cooperation between the patient, parent/guardian and the orthodontist.

Here are the key points:

1. You will be shown how to brush your teeth when you wear braces. It is up to you to follow these instructions carefully to prevent gum disease. Drinking fizzy drinks or eating sugary foods can lead to permanent markings (decalcification) on teeth and even tooth decay.
2. Your health can affect orthodontic treatment. Please advise your orthodontist of any existing medical conditions that you may have or any condition that may develop during your treatment.
3. Several appointments may be required to assess your teeth before your treatment can start. Here records are taken and arrangements made for any possible dental extractions before the appliances are fitted. You will need to be seen every 6-8 weeks to adjust your braces and you may need extra appointments if you break your braces. Your orthodontist may work only on a specific day of the week. Appointment times for NHS check ups are between 9:00 am to 2:00 pm. Please bear in mind that certain times e.g. 9:00am appointments are extremely popular and get booked up quickly. As you will probably miss some school we suggest that you discuss this with your child's school before you start treatment.

4. In case of an emergency related to your braces you should contact the surgery. Please ring us as early in the day as possible if you wish to be seen on the same day. Emergency appointments are between 9:00am and 1:00pm on weekdays. Your brace will be made comfortable and you will be requested to make a further appointment to repair or refit your braces. For out of hours emergency care, please visit our website or ring the surgery for contact numbers. The primary care trust (PCT) is now in charge of running the out of hours service.
5. Please have patience if your orthodontist is running late. Sometimes this is unavoidable because emergency patients have to be seen.
6. All check up appointments are to be made by your parent or guardian. If you do not come to your appointments or do not follow your orthodontist's instructions about wearing the brace or if you lose or break it, then your treatment will take longer and the end result will not be as good. There is also a charge for replacing braces. Please cancel appointments that you cannot make either by phone or via our website. ("E-mail us your query" icon). If three appointments are missed without notice during a course of NHS orthodontic treatment then we may decline to continue with further treatment on the NHS.
7. When your orthodontic treatment is finished your braces will be removed and you will be fitted with retainers. If you do not wear these retainers, your teeth may move out of line. Retention is a long term requirement and wearing these retainers should help reduce unwanted tooth movement. However occasionally your bite may change for example, if your lower jaw grows unexpectedly or if you suck your thumb or finger. These events are out of the orthodontist's control.
8. For many patients, removable braces and retainers temporarily affect their speech so they talk with a lisp. This should disappear within one to two weeks.
9. Oral surgery, including tooth extraction, may be required as part of your orthodontic treatment to correct crowding or severe jaw imbalances. Any risks associated with your surgery and anaesthesia should be discussed with the dentist or oral surgeon. Additionally if extra dental treatment like crowns, bridges or implants are required as part of your overall treatment then this will be undertaken by your dentist or another specialist. You are requested to discuss your treatment with your dentist along with his costs before you start your orthodontic treatment. We will discuss the timing of such treatment with you.
10. A previously injured tooth or one that has a large filling may be disturbed by orthodontic treatment. In rare instances this may require additional dental

treatment such as root-filling and/or additional restorative work. There is also the possibility that existing dental restorations e.g. fillings, crowns may be dislodged and require re-cementation or replacement. Your family dentist will undertake this aspect of treatment. You will also be required to see the dentist for regular dental check ups and hygiene treatment.

11. In some patients, the roots of the teeth may shorten slightly during orthodontic treatment; usually this is not a problem. However on very rare occasions the roots may shorten considerably. Some patients are more prone to this happening than others.
12. Orthodontic braces may be accidentally swallowed or aspirated. However, there is no greater risk than with other dental appliances such as dentures.

NO ASSURANCE/GUARANTEES

No assurance or guarantees can be made to you regarding the outcome or length of the treatment. The biological processes involved in tooth movement are complex. Your face will grow and change over the period of orthodontic treatment and this makes it difficult for any orthodontist to predict accurate results and length of treatment time. Your treatment plan may occasionally need to be changed as we progress but you will be informed of any changes. Your consent will always be sought. Our team is highly experienced in this field and will endeavour to guide you to achieve the best possible result.

ALTERNATIVE TREATMENTS

For most patients, there are usually alternative options to orthodontics. You may decide to live without orthodontic improvement. Alternatively you may consider other prosthetic solutions for when you are older e.g. bonding, veneers and crowns. The specific alternative to the orthodontic treatment of any particular patient depends on the nature of the patient's teeth and supporting structures.

If you have any questions about any of these issues please do not hesitate to ask your orthodontist.