

**This leaflet is designed to let you know what your options are if you do not automatically qualify for treatment:**

**Step 1. Accept that your teeth are straight enough.**

You may be reassured to know that your teeth are relatively straight and will not come to any harm because of minor irregularities. Therefore you can avoid going through orthodontic treatment.

Your teeth may change a little over time but this is impossible to predict. If at some stage in the future you are concerned about the position of your teeth again then discuss this with your dentist and they may suggest that you come back for another appointment.

**Step 2 You may wish to apply for treatment under the NHS anyway.**

This may be an option, although your orthodontist may dissuade you. Records can be sent to Practitioner Services Division (PSD), part of the NHS, for a decision to be made.

**Step 3 Your treatment may be denied by PSD.**

You may appeal this decision by writing to the Primary Care Division of your local Health Board, Forth Valley, and request that your case is re-examined. This is a lengthy and involved procedure involving two dentists and an administrator. The dentists will look at your records and may arrange to interview you. They will then decide if your case merits treatment.

**Step 4 You still do not qualify for treatment or decide not to appeal as described in step 3.**

You may then choose to accept your teeth as they are or request private treatment from your orthodontist.

**PRIVATE TREATMENT OPTIONS.**

Orthodontic treatment can be provided by your orthodontist and is not subject to qualification under NHS rules. The contract is between you and the practice.

**Metal Fixed Braces**

These are like the appliances we use when we treat under the NHS. They are good quality, efficient braces. Sometimes you can have colours with them.



**White or Tooth Coloured Fixed Braces**

These braces work in a similar way to the metal braces but are much more discreet since they match the colour of your teeth.



**Lingual Fixed Braces.**

These are braces placed on the inside surface of the teeth. These are the most discreet braces we have but are also the most expensive. They have to be custom made to fit your teeth and they are more complicated to adjust. They are comfortable and nobody would know you were wearing braces.



[www.lingualtechnik.de/](http://www.lingualtechnik.de/)

**Invisalign**

This is a very good option, especially if your malocclusion (the position of your teeth) is mild. The brace is made of clear plastic and is custom built for your mouth. It is almost as discreet as lingual braces but it is very easy to look after since you can take it out to clean.



[www.invisalign.com](http://www.invisalign.com)

All these braces can be found on the internet. A good place to start is on our website.

[www.centralortho.co.uk](http://www.centralortho.co.uk)

**Cost of treatment**

This varies depending upon the amount of treatment you require and the type of brace you choose. The typical prices are:

Metal Braces	Single Arch	£400 - £1500
	Both Arches	£1200- £2600
White Braces	Single Arch	£700 - £1800
	Both Arches	£1500- £3000
Invisalign	Teen	£4200
	Lite	£2500
	Full	£4200
Lingual Braces	Single Arch	£800 - £3000
	Both Arches	£1600 - £6000

## WHO DECIDES AND HOW

The National Health Service provides orthodontic treatment for children and adolescents if their malocclusion (the way the teeth are out of position) is severe enough. Treatment is only provided to “**secure and maintain oral health**”. This is based on an assessment of the malocclusion by the Dental Advisors at Practitioner Services, part of the NHS.

There is a measurement index called the Index of Orthodontic Treatment Need (IOTN). There are two components to this index; the Dental Health Component (DHC) and the Aesthetic Component (AC), shown below. It is a combination of these that determines whether your malocclusion qualifies for treatment.

The level at which it seems treatment is currently being provided is an IOTN value of 3 on the DHC and greater than 6 on the AC.

### Dental Health Component

Grade 1 is almost perfection,

Grade 2 is for minor irregularities such as:

- slightly protruding upper front teeth
- slightly irregular teeth
- minor reversals of the normal relationship of upper and lower teeth which do not interfere with normal function.

Grade 3 is for greater irregularities which normally do not need treatment for health reasons.

- upper front teeth that protrude less than 4 mm more than normal
- reversals of the normal relationship of upper teeth which only interfere with normal function to a minor degree; by less than 2 mm.
- irregularity of teeth which are less than 4 mm out of line
- open bites of less than 4 mm
- deep bites with no functional problems

Grade 4 is for more severe degrees of irregularity and these do require treatment for health reasons.

- upper front teeth that protrude more than 6 mm
- reversals of the normal relationship of upper teeth which interfere with normal function greater than 2 mm
- lower front teeth that protrude in front of the upper more than 3.5 mm
- irregularity of teeth which are more than 4 mm out of line
- less than the normal number of teeth (missing teeth) where gaps need to be closed
- open bites of more than 4 mm
- deep bites with functional problems

- more than the normal number of teeth (supernumerary teeth)
- Grade 5 is for severe dental health problems
- when teeth cannot come into the mouth normally because of obstruction by crowding, additional teeth or any other cause.
  - a large number of missing teeth.
  - upper front teeth that protrude more than 9 mm
  - lower front teeth that protrude in front of the upper more than 3.5 mm and where there are functional difficulties too
  - cranio-facial anomalies such as cleft lip and palate.

### Aesthetic Component



If your orthodontic treatment has been refused by the NHS; What can you do?

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Falkirk

01324 621130  
[www.centralortho.co.uk](http://www.centralortho.co.uk)

