

Because you are thinking about having orthodontic treatment you will need to know about the risks and benefits. Here are some common questions and answers.

What is orthodontic treatment?

Orthodontic treatment usually consists of wearing braces. It may involve the extraction of teeth but only when necessary

What are the possible benefits of orthodontic treatment?

- It can improve the appearance of the teeth and face
- It can improve the health of the teeth and gums
- It can improve the bite and make it easier to eat

Fixed appliances can improve the way your teeth look - from here.....



To here.....



What are the possible risks of orthodontic treatment?

Patients should finish their treatment with healthy teeth and gums like the patient shown on the front of this leaflet.

Unfortunately, some patients do experience problems during orthodontic treatment. You will be told about the common risks of treatment and those that might particularly affect you.

MOST PROBLEMS ARE PREVENTABLE IF YOU TAKE CARE OF YOUR TEETH AND GUMS



Will I end up with marks on my teeth like the picture above?

Your teeth will be damaged unless you keep them clean and are sensible about what you eat and drink.

It is important to brush your teeth at least twice a day, with flouride toothpaste. If you do not keep your brace and teeth clean, you risk ending up with permanent white or brown marks on your teeth. The picture above shows this. The centre of the tooth is where the bracket was bonded. The damage occurs around this.

If you have too many sweets, sugary foods, fruit drinks or fizzy drinks, you also risk ending up with marks on your teeth. The

more often you have sugary foods or drinks, the more likely you are to damage your teeth so avoid sweet things between meals.

Will my gums be damaged?

Most patients experience a little swelling of the teeth and gums whilst wearing a brace. This problem usually disappears once the brace is removed. However, if you do not brush your teeth and brace properly, your gums may become very swollen during treatment, causing lasting damage.

This patient has dirty teeth and so the gums are very swollen and unhealthy.



MAKE SURE THIS DOESN'T HAPPEN TO YOU!

Does it matter if I have injured my teeth in the past?

Please tell your orthodontist if you have previously knocked or damaged a front tooth. If this has happened to you then there is a risk your tooth will need further treatment while you are wearing a brace. One sign is that the tooth may become dark. If any treatment is needed this will usually be carried out by your regular dentist.

Will the roots of my teeth be damaged?

All brace work causes minor changes to the roots of the teeth. This is not usually a

problem. Occasionally, changes to the roots can be more serious. It is often possible to tell if someone is at risk but not always. If you have a particular risk your orthodontist will talk to you about this.

Will my teeth be painful?

Your teeth are likely to be sore for about 3-5 days after the brace is fitted and after each adjustment appointment. If necessary painkillers such as the ones you would normally take for a headache may help. Please follow the instructions on the packet. If your brace rubs on your lips or cheeks you can be given a product to help relieve this. It is sensible to contact the practice if your teeth are very painful.

Is there a chance my treatment won't be successful?

Your orthodontic treatment should be successful if you are committed to treatment. You will need to look after your teeth and brace well, follow instructions and attend regularly to have your brace adjusted.

During orthodontic treatment remember to visit your own dentist regularly, to have your teeth and gums checked to make sure they are healthy.

Will my teeth move after treatment?

You will be asked to wear retainers after treatment. Retainers are designed to keep your teeth straight. It is important that you wear them as instructed. How long you will need to wear retainers depends on how your teeth originally looked.

A recent audit at the practice revealed that 1 out of three patients did not wear their retainers properly and their teeth moved out of position.

Are there any other risks?

There are some rare risks that only affect a few people. If there is a particular risk involved in your treatment, your orthodontist will discuss this with you.

If there are any questions you would like to ask please write them down and talk to the orthodontist at your next visit. It is important that you fully understand what is involved in having orthodontic treatment before you decide to go ahead.

What happens now?

Some administration has to take place between your Orthodontist, the Dental Practice Division (part of the NHS) before we can start treatment for you.

1. We will complete some paperwork and contact you when your treatment has been approved to arrange appointments.
2. *If you require extractions before your braces are fitted* please contact your dentist (who will now have received a letter about your treatment) to arrange for these to be done.
3. If there is a delay and your teeth cannot be extracted before your first appointment please 'phone reception here to rearrange the start of your treatment.
4. Often your first appointment is a long one (about 40min) and we require confirmation that you will be attending. *(There will be a charge if this appointment is missed.)*
5. When you attend please make sure your mouth is **very clean** and you are ready for your braces. We will give you plenty of advice on the care of your brace and teeth once it is on.

Remember to visit your dentist regularly for routine care and to remain registered with them while you are having orthodontic treatment.

Fixed Appliances (Pre- Treatment Information)



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