



FIXED BRACES

TREATMENT INFORMATION

KEEPING BIRMINGHAM

Smiling



TEETH STRAIGHTENING

RESTORE YOUR CONFIDENCE AND EXPLORE OUR OPTIONS FOR TEETH STRAIGHTENING.

THINKING ABOUT A STRAIGHTER SMILE?

Misalignment of teeth is not just an aesthetic concern but can cause problems with function and place unnecessary stress on your mouth. It can also lead to decay, tooth fracture, gum disease and tooth wear.

Orthodontics is the process of moving teeth to aid the maintenance of dental health and achieve a great-looking smile.

Teeth straightening can be used alone or in combination with restorative treatments to help achieve the best results for you.

Our team offers many options in both fixed and removable braces. This includes specialist braces such as Damon as well as more conventional ceramic or metal braces to suit individual requirements.

Our most popular braces are the Tooth Coloured Fixed braces which uses a clear ceramic bracket to blend in with the tooth's natural colour. This produces a more aesthetically pleasing appliance which is far more attractive option. The orthodontic wires can also be tooth coloured to help improve the appearance further.





While we recognise and promote the benefits of a pleasing smile and healthy teeth, you need to be aware that orthodontic treatment, like any treatment of the body, carries certain risks and Limitations. Whilst these may not be enough to contra-indicate treatment, you need to be aware of these before making a decision to start any treatment.

SHORT TERM ORTHODONTICS- A popular option

The system has been designed to work within a timeframe of 6 to 18 months depending on the severity of the misalignment. However, this is only an estimate on time.

In several situations, the system may not be appropriate. These include but are not limited to:

- Buccal occlusion – the position of your back teeth
- Overjet – the relationship between the upper & lower teeth in the horizontal plane
- Overbite – the relationship between the upper & lower teeth in the vertical plane
- Midline correction of teeth
- Facial profile concerns
- Positioning of the tooth roots in the ideal position for stability (also known as tooth/root torque)
- TMD – temporomandibular joint disjunction

Full correction of the issues listed above often requires treatment by a specialist orthodontist and in most cases, may require treatment over a longer period. Short term braces are not a replacement for conventional orthodontic treatment. The dentist will make an assessment and advise you if you fall under any of these categories.

ALL ORTHODONTIC TREATMENT REQUIRES GOOD PATIENT CO-OPERATION TO ENSURE OPTIMUM HEALTH OF YOUR TEETH AND GUMS.

GOOD ORAL HEALTH AND MOUTH HYGIENE

The health of your teeth must be optimal before any orthodontic treatment can be considered.

The dentist will make an assessment and may recommend that you attend an appointment with the hygienist before and during your treatment- This will incur an additional fee. Additional scale & polish may also be required during the course of treatment.

ATTENDANCE AT REGULAR APPOINTMENTS

Your dentist/therapist needs to adjust your brace every 4-8 weeks. It is very important that you attend your appointments as advised. Unsupervised wear of braces can damage the teeth and gums. Failure to attend your appointments will delay the progress of your treatment and in some cases may require the termination of the treatment.

DIET

Hard and sticky foods may dislodge parts of your brace. Avoid foods such as toffees, boiled sweets, popcorn, nuts, crusty bread and other hard foods. Your food should also be cut into small pieces and chewed on your back teeth.

Never bite directly into apples and other hard foods. Avoid food and drink containing acid (fizzy drinks, juices) -this will cause decalcification of teeth, weaken the bond between teeth and braces, and leave white and brown spots (which could require cosmetic correction afterwards). Sugary foods and between meal snacks should be avoided during treatment.

If dental cement needs to be used to protect your lower brace you may find eating difficult in the first few weeks. This does gradually improve. Avoid food with dyes in (these may stain the elastics).

END OF TREATMENT RETAINERS

Teeth have a tendency to return to their original position after orthodontic treatment. Wearing of retainers is MANDATORY and is a maintenance phase of the orthodontic treatment provided.

Patients opting for treatment at All Saints Dental will be required to purchase retainers from the clinic as part of a brace bundle package or at an additional cost.

WHEN CONSIDERING TREATMENT IT IS IMPORTANT YOU ALSO UNDERSTAND THE POSSIBLE DISADVANTAGES OR RISKS THAT TREATMENTS CARRY BEFORE YOU MAKE YOUR MIND UP.

PAIN/ JAW ACHE:

This is greatest when the brace is first applied or after each adjustment is made. This tends to settle over time. We recommend simple analgesia to alleviate these symptoms.

TRAUMA/ ABRASIONS TO ORAL MUCOSA:

This can occur as the brace rubs against the inside of the cheek/ lip. You will be given some wax to apply to the appliance to reduce this risk. This tends to settle after the first week the brace has been applied.

TEETH MOBILITY:

Some minor mobility of the teeth during treatment is normal. If excessive mobility or pain occurs I will contact the practice for advice.

UNEVEN TEETH:

Following orthodontic treatment, the edges of the teeth may lie unevenly due to wear produced in their previous positions.

GUM RECESSION:

There is a small risk of recession of the gums. In some cases, Cosmetic dental treatment can be provided by a specialist dentist to correct these features at an additional cost.

NON-VITAL OR DEAD TOOTH:

A tooth that has been traumatized from a deep filling or even a minor blow can die over a long period of time with or without orthodontic treatment. An undetected non-vital tooth may flare up during movement, requiring endodontic (root canal) treatment to maintain it. If this complication does occur this will need additional treatment at an additional cost.

ROOT RESORPTION:

In some cases, the root ends of the teeth are shortened during treatment. This is called root resorption. Under healthy circumstances the shortened roots are no disadvantage. However, in the event of gum disease in later life the root resorption may reduce the longevity of the affected teeth. It should be noted that not all root resorption arises from orthodontic treatment. Trauma, cuts, impaction, endocrine disorders, unknown causes can also cause root resorption. If there is severe root resorption treatment will need to be terminated.



TREATMENT TIME:

We would anticipate you see good results starting from 6-12 months after the brace has been applied. The total time for treatment may occasionally be extended. Lack of co-operation, broken appliances and missed appointments are all important factors that could lengthen treatment time and affect the quality of the result.

EXPECTATIONS:

All patients will see improvement with their particular problem. However absolute perfection is impossible due individual differences in muscle balance, tooth shapes and sizes and varying degrees of co-operation during treatment. Additionally heredity aspects will affect everyone's specific treatment results.

**RELAPSE:**

Teeth have a tendency to return to their original position after orthodontic treatment. After removal of the brace, retainers are placed to minimize relapse. Full co-operation in wearing these appliances is mandatory to avoid relapse.

MISCELLANEOUS RISKS:

Detached brackets, Swallowed appliances, chipped teeth, dislodged restorations and allergies to latex or nickel rarely occur but are possible.

IPR:

An important part of orthodontic treatment is creating space for the teeth to move. This can be done primarily by the extraction of one or more teeth OR by filing away small amounts of enamel in between teeth. This process of filing enamel is called Interproximal Reduction (IPR).

IPR may be associated with tooth sensitivity.

AM YOU SUITABLE TO HAVE A FIXED BRACE?

Fixed Braces can be suitable for most patients. Patients with more complex needs will be offered referral to a specialist Orthodontist for more comprehensive treatments

We'll be able to determine suitability at your consultation. where an examination will be completed and an individualised bespoke treatment plan created for you.



Step 1
Consultation



Step 2
Treatment Plan



Step 3
Smile Confidently

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