

What you need to know about Orthodontics

- Orthodontics is a dental treatment which involves wearing braces (fixed and/or removable) • Inline Orthodontics can see you for an initial consultation within 8 weeks of your referral. • If accepted for treatment an appliance will be fitted within 8 weeks of the consultation. • Inline orthodontics provides orthodontic treatment which means straightening your teeth and correcting your bite • Your initial appointment is for a consultation and assessment to see if you need braces, if you are ready for braces, and if you qualify for braces on the NHS (if you are under 18 years of age). • If you are accepted for treatment and wish to proceed, then an x-ray is taken to check your teeth and treatment options are explained along with your commitment to care • You will need to sign a consent form after being advised on treatment options and the risks and benefits of orthodontic treatment. • The main risk are: decalcification (permanent white marks on your teeth) if your brushing is poor, gingival recession and root resorption (which is the shortening of the tips of the roots).
- Looking after your brace reduces the risks and increases the benefits of having a beautiful smile. Benefits can include improving function and increasing self-esteem and confidence. • Benefits include possibly reducing the damage of teeth that stick out, improving the function and appearance of your smile
- Successful treatment requires commitment from **you**. Look after your brace, keep it clean, eat carefully, adapt your lifestyle to protect your brace. • Average length of time at Inline Orthodontics for fixed brace treatment (train tracks) is 18 months, appointments are every 6-8 weeks. For opening hours please see our website: www.inlineortho.co.uk. • We have several clinicians to help with out of school appointments but appointments will also be during school hours. • You will be given retainers after treatment is complete to prevent relapse. Long term retention is required throughout life.
- Inline will monitor your retention for the first year after the brace is removed.
- The average age for treatment is between 10 - 14 years old. Sometimes it may be necessary to seek an opinion at an earlier age as occasionally interceptive treatment can reduce the difficulty of treatment later. NHS orthodontic treatment is free for people under the age of 18 with a clear health need for treatment..
- Wearing fixed braces may affect musicians who play a wind instrument. Reaching the higher notes may be more difficult. With practice this can be overcome.
- Please remember you must see your dentist for your routine check up.