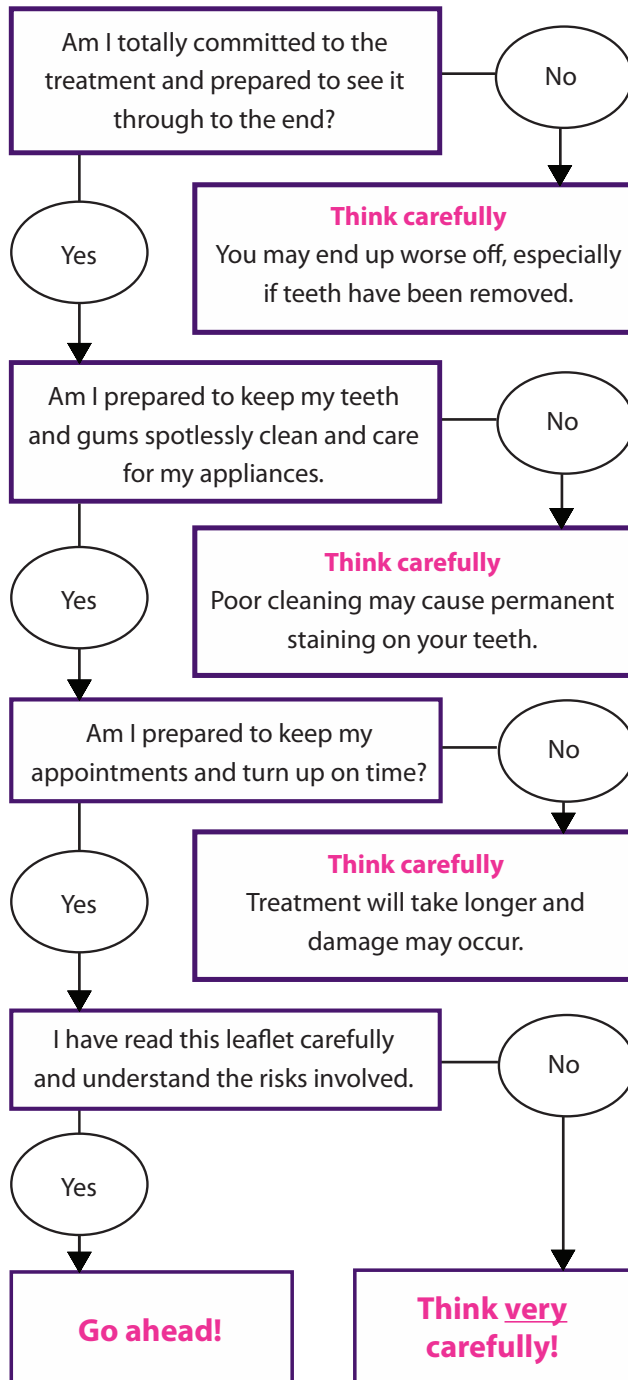


## Care and check ups

Before starting treatment, ask yourself:



## Agreement to treatment (consent)

Please read this leaflet **carefully** before agreeing to go ahead. It is important to understand the benefits and possible problems of orthodontic treatment.

Having read this leaflet, if you have any questions or doubts, ask your orthodontist to give you clear answers before agreeing to proceed.

**Know what you are letting yourself in for before consenting to treatment.**

**Treatment is quite a commitment. Think carefully before hand!**



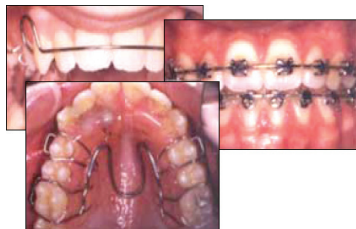
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**Orthodontics**  
**Am I Sure?**

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## What is orthodontics?

Orthodontic treatment uses braces to reposition and straighten teeth. There are different types :



## Why orthodontics?

Teeth can cause all sorts of problems, especially when they are coming through.

They can be very crowded...



... get stuck between other teeth...



... be missing altogether...

... or be in the wrong place.

## Problems

As with most types of treatment, problems can sometimes arise and you should be aware of them :

### Discomfort

This is not unusual following appliance fit or after adjustments. Your orthodontist will explain how to manage this at the time.

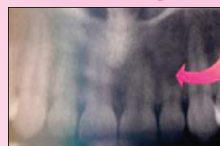
### Decalcification/staining

This can occur if teeth are not cleaned properly and plaque is allowed to build up around the braces.



The marks can be lifetime permanent and will not go away. You must therefore keep your teeth clean if you have orthodontic treatment.

### Root resorption



When braces are used to move teeth the roots can become shortened or blunted.

This is a rare problem, but you should be aware that it can occur.

### Unwanted tooth movement

Teeth have a tendency to move through-out life and so to help prevent unwanted movements after treatment, you will be given retainer braces. After a few months, retainer wear is usually only at night, (follow your orthodontist's instructions carefully) but if you wish to keep your teeth straight, you may need to wear your retainers for a long time.

## Benefits

Straight teeth look great and help you smile with confidence. Orthodontics can improve function and make cleaning easier. This helps keep your teeth and gums healthy for life, provided you look after them.

## Before starting treatment, you should also give some thought to :






Orthodontic treatment can take up to 2 years (occasionally longer) to complete. During this time you will need to attend regularly for appointments (about every 6 weeks).

### Necessity

Orthodontic treatment is not essential in the sense that it may save your life, but it may be advisable to help ensure the long term survival of your dentition. However, you play a key role in its success which very much depends on your cooperation.

### Commitment

Once treatment has started it should be completed, otherwise you may be worse off, especially if teeth have been extracted. You also need to :

-  Be seen regularly for adjustments
-  Keep your appointments
-  Look after your appliances
-  Keep your teeth clean
-  Avoid hard foods/sticky sweets