



QUEENSWAY
ORTHODONTICS

Harry, Queensway Orthodontics patient

WHAT TO EXPECT

during and after your orthodontic treatment with us

BILLINGHAM | BISHOP AUCKLAND | CONSETT | DARLINGTON

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www.queenswayorthodontics.co.uk

@queenswaybraces

What to expect...

For most people, having orthodontic treatment is very straightforward and the process usually dovetails easily with day-to-day life. You might find you experience some tenderness when the braces are first fitted or later adjusted. Occasionally, patients may suffer from soreness or rubbing of the cheeks or lips. Two or three days after fitting, this usually reduces considerably - but can take one to two weeks to disappear completely in some cases.

Speech

Unless you are wearing a palatal expander or removable upper brace as part of your orthodontic treatment, speech is not generally adversely affected by wearing a conventional fitted brace.

In order to make your treatment as effective as possible, your orthodontist may suggest using one or more of the following treatment techniques, which can help ensure the most successful possible outcome for your treatment and help ensure. Here are a few things he or she might suggest...

Treatment techniques

Elastics and buttons

To correct the bite, it may be necessary to wear elastics between the upper and lower teeth. Elastics are attached to hooks on a fixed brace. Without elastics, treatment will take longer and may be less successful. Elastics can be removed for eating and cleaning but would normally need to be in place for 22 out of 24 hours per day.

If you need more elastics at any stage all you need to do is ask or visit www.bracebrushes.co.uk to order some more.

Interproximal Reduction (IPR)

Interproximal reduction is the gentle and scheduled removal of a very small amount of the outer layer of enamel from between the teeth. It can be recommended to improve the outcome of your treatment by creating space or reducing the appearance of 'black triangles' between the teeth where these may be a problem (usually in adults or patients with a certain tooth shape). The technique is carried out using fine, diamond-coated strips between the teeth. More information about IPR will be given to you by your orthodontist and on your consent form which will be given to you prior to treatment.

Bite opening (turbo)

Sometimes your orthodontist needs to add temporary pads to the chewing surface of the teeth to 'prop the bite' open. These pads protect the brace as well as speeding up the brace treatment but can make it difficult to chew initially.

During treatment

Who will I see?

During treatment you will be looked after by our experienced team under the supervision and direction of your Specialist Orthodontist, who will take overall responsibility for your care.

You will also see Orthodontic Therapists, who perform many of the hands-on procedures within your plan (including adjusting, fitting and removing braces), and Orthodontic Nurses, who take the digital scans and photographs of your teeth, as well as being experts at giving guidance and information about your treatment.



Online store - Bracebrushes.co.uk

We have developed an online store to help our patients purchase their brace accessories and consumable supplies more easily, as well as to showcase our carefully selected products to a wider audience.

If you run out of any of your brace care supplies essential for your treatment, such as replacement elastic bands or toothpaste, you can simply go online and purchase them.



End of treatment

At the end of all orthodontic treatment is the retention phase. There is a natural tendency for teeth to move once treatment has finished. To prevent this relapse occurring, it is extremely important to understand what to do when your braces are removed. This is critical in ensuring that your teeth will look as good in years to come as they do on the day your braces are removed.

A retention programme is individually tailored for each patient, but usually comprises removable, clear retainers for night-time use, with or without fixed retainer wires, behind the front teeth. These retention appliances are designed to hold the teeth in place once braces are removed and are very simple to wear and maintain.

Removable retainers

Removable retainers are made of a clear, thin plastic material that is very discreet. For the first three weeks after your braces have been removed, the removable retainers may need to be worn 24 hours a day (removed only for eating and cleaning). Your orthodontist will advise you on this. Following this, your retainer should be worn at night indefinitely on a reducing schedule that we will explain to you.



Share your smile!

At Queensway Orthodontics, we love to see our patients beam with confidence. Whether you are in the middle of treatment and loving your results, or if you are finished treatment and love your new smile - don't forget to share it with us! All you need to do is simply snap a selfie, tag us on Facebook or Instagram* - and you could win a £50 voucher of your choice!

*Due to privacy settings, we may not always see your tag. If you don't hear from us, just DM us with your photo and we'll do the rest for you!



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★★★★★
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Rachel, Queensway Orthodontics patient

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