INFORMATION FOR PATIENTS AND PARENTS OR CARERS

Your **orthodontic journey**

What happens at each stage of treatment

BELFAST ORTHODONTICS

Not everyone has every stage – we will explain your own plan. Any questions? **Ask your clinician during your appointment**.

1 Records **clinic**

- **3D scan and photos** of your teeth and face – no messy putty impressions.
- The orthodontist studies your records and we contact you **within 12 weeks**.
- What happens next depends on whether you can have **NHS treatment** (checked using a scoring system called IOTN) and whether you are **ready to start** – if adult teeth are still to come, we may see you later.

2 Your treatment **planning appointment**

- You see the orthodontist to **agree your treatment plan**.
- We explain your options, how long treatment should take, the possible risks and what we need from you. You give your **consent** before treatment starts.
- It helps to write your questions down before you come, so you do not forget them.

3 Sometimes: **a removable brace or Twin Block first**

- Some patients start with a **removable brace** or **Twin Block**, worn **20 to 22 hours a day** and never out for more than **30 minutes** at a time.
- Removable or Twin Block appliances typically take **4 to 12 months**, depending on severity and how many hours a day the brace is worn. Most Twin Block patients then have fixed braces.

4 Fixed **braces**

- We see you **every 8 to 10 weeks** to check and adjust your brace. Treatment usually takes **about 18 to 24 months**.
- You may need small **elastics**. If they are not worn as instructed, **we may not achieve an ideal outcome**.
- Breakages and missed appointments make treatment take longer.

5 Braces off **and retainers**

- At your **debond** appointment we remove your brace and fit your **retainers**.
- Wear your retainers **every night (8 to 10 hours), for life**.
- You are then **discharged back to your own dentist**, who checks your retainers at your dental check-ups.

Throughout **your treatment**

- Brush **twice a day** with fluoride toothpaste, keep sugary food and drinks to mealtimes, and keep seeing your **regular dentist** for check-ups.
- Follow the advice leaflet for your brace. If something breaks, contact us – do not repair it yourself. Nervous, or have additional needs? Tell us when you book and we will go at your pace.
- **If you repeatedly miss appointments, we may have to stop your treatment early**, as brace treatment needs to be monitored closely.
- At your appointments you will be seen by members of our orthodontic team, including orthodontic therapists, our dentist with enhanced skills in orthodontics, Dr Méabh Maguire, and our specialist orthodontist.