



What to expect

Assessment & Treatment Plan

At your first visit you will be assessed for treatment. You will have an opportunity to tell us why you want to undergo treatment, what you like about your smile and what you don't. We will advise you of the benefits of having a wonderful healthy smile and explain how we can make this happen for you.

We will assess your dental health and check that you are dentally fit for treatment. Once we understand what you want to achieve with your smile we will outline your options, explaining clearly the pro's and cons of each approach and what they will mean to you.

You will be given a treatment outline and a quote for the proposed work and our flexible interest free payment plans will be explained to you.

Some patient may need to have teeth extracted or their gum health attended to before we can proceed with treatment. We have specialists that can carry aspects of this work, alternatively we can arrange any required work to be carried out by your dentist.

Records & Bond

What we do at your next visit will depend upon the type of treatment you elect to undergo. But generally, we will take impressions of your teeth so that we can make models of them. This helps us to track the progress of your treatment by giving us an accurate representation of your teeth and smile. We will also take digital x-rays of your jaw so that we can see how your teeth sit in your jaw.

Once x-rays and models have been taken we will bond the brace to your teeth. This can take about an hour. It involves gluing 'buttons' to your teeth and then running a wire between them. This puts the teeth under tension and begins to gently move them into the desired position.

If you have elected to undergo Lingual, Clearstep, Invisalign or Simpli5 treatment we would at this stage take a special cast of your teeth. This would be sent of to the relevant lab so that they can make your custom brace. It typically takes 5 weeks for the lab to send back the completed brace and you then come back to the clinic to have the brace fitted.

Regular Visits

If you had a traditional or lingual brace fitted you will need to get it adjusted every 4-8 weeks. This involves us adding tension to the wire between the buttons on your teeth, so that they continue to move. Towards the end of treatment you may need to come in more often as we tweak your treatment.

Patients who opt for Clearstep, Invisalign or Simpli5 attend the clinic less often. Normally every two months or so. At your visits we would check that the removable braces are moving your teeth as required, check your dental health and take impressions of your teeth to record the progress you are making. Again towards the end of your treatment you may need to come in more often.

Debonding & Retainers

Once your braces have moved your teeth to the desired position it will be time to remove the brace. The wire connecting the buttons is removed and then the buttons too. We gently remove any glue residue and give the teeth a polish.

Once this has been done we need to provide you with retainers. Retainers stop your teeth from moving out of their new straight position. There are two types, one type is a thin wire that is glued to back of your teeth the other is a removable type that you wear every night when you go to bed. Your orthodontist will give you advice as to which is the best for you and how it should be worn.

Follow up checks

We like to see our patients after they have finished treatment. Normally 3 and 12 months after they had the brace off. That way we can make sure that your teeth are stable, your wearing your retainer and that you are happy with your teeth and smile.