FOR A LIFETIME OF SELFIES...
Reasons why people enhanced their smiles...

The editorial team polled 200 people for the reasons why they enhanced their smiles.

Persons with ideal smiles are considered more intelligent and have a greater chance of finding a job when compared with persons with non-ideal smiles. The demand for orthodontic treatment suggests that patients desire improvements in the esthetics of their smile, which might be reflected as greater social benefits.

Sourced from American Journal of Orthodontics & Dentofacial Orthopedics - Volume 146, Number 4, October 2014

MAJOR LIFE CHANGES

14% “I’m newly single and I felt it was time for a new image – starting with my smile!”
“Everyone else was having braces and I didn’t want to be the only one in two or three years time with bad teeth. I used to get called ‘Goofy’ at school and so I decided to make a change.”

PERSONAL

27% “I just want to have good looking teeth. My kids have finally left home and I wanted to do something for myself!”
“My new job involves public speaking; I want people concentrating on my words and not my teeth.”

SELF – CONFIDENCE

17% “I used to cover my mouth in public. Now I don’t feel so self-conscious.”
“I want to go through life without worrying that people are looking at my wonky teeth.”

SPECIAL OCCASION

8% “I’m getting married in a year and I want my wedding day to be perfect, which means smiling in all the photographs and videos.”
“What better way to celebrate achieving my degree than also achieving the smile I’ve always wanted.”

DENTAL PROBLEMS

11% “My dentist advised me to get braces to correct my crowded teeth, which she said could lead to even more problems in the future.”
“Whenever I ate my teeth would hurt because of my crossbite. After talking to my dentist he recommended orthodontic treatment to help solve the problem.”

PARENTAL GUIDANCE

23% “Everyone else was having braces and I didn’t want to be the only one in two or three years time with bad teeth. I used to get called ‘Goofy’ at school and so I decided to make a change.”
“My parents always wanted the best for me and thought I should have it done now while I’m still young.”
A bad bite can cause you problems

Proper alignment of your teeth and jaws are key factors in your long-term dental health. Malocclusion is the technical term used by orthodontists for crooked, crowded or protruding teeth which do not fit together properly. Literally, the word means “bad bite.”

Most malocclusions are inherited although some are acquired i.e. they can be caused by factors such as thumb-sucking, tongue thrusting, dental disease, premature loss of baby or permanent teeth, accidents or some medical problems. Malocclusion or ‘incorrect bite’ may involve crowding of teeth, improper spacing or upper and lower teeth that do not fit together correctly.

Although typical orthodontic patients look forward to having a beautiful smile at the end of treatment, braces also have a significant positive impact on long-term health. As one orthodontist explains “Growing up with improperly aligned teeth and jaws can cause a variety of problems later in life.”

As we mature, untreated bite problems can continue to worsen. Crowded teeth can be very difficult to keep clean, and may result in tooth decay, gum disease and be a disadvantage socially. Also, over a period of time, an incorrect bite may lead to abnormal wear or breakdown of tooth surfaces and to damage of the bone and soft tissues that support the teeth.

Because a high standard of dental hygiene is compulsory for orthodontic patients, orthodontists provide extensive education to patients in relation to proper brushing and flossing techniques, with follow-up and reinforcement at each orthodontic appointment. Good eating habits are also encouraged and in combination with good orthodontic treatment and excellent dental hygiene, a positive difference in future health can be achieved. Orthodontic treatment can benefit adults as well as children because healthy teeth, bones and gums respond well to orthodontic treatment at almost any age. It really is never too late to have a beautiful smile or correct bite.

It is easy to take eating for granted if you have always had a normal bite, for some, however, this can be an ordeal or embarrassment. One patient’s troubles with chewing were especially unpleasant and best characterised by his statement, “I couldn’t even bite into a sandwich.”

Nowadays, thanks to the art and science of orthodontics, countless individuals can look forward to greater ease and function. Starting treatment in your older years might cause slight initial embarrassment, but you should never condemn yourself to a lifetime of dissatisfaction, like many adults who missed or were never presented with opportunities to have straighter teeth.

Patients who have covered their teeth during social interaction for many years feel liberated after a short course of orthodontic treatment. By removing physical and psychological obstacles such as crowding or spacing, your self-esteem can be boosted.

You don’t need to feel that you are wasting the specialist’s time by seeking consultation or treatment because you are taking a positive step toward self improvement.

“It’s fantastic”, says Christine Grover, an adult orthodontic patient. “Now I smile broadly and look people straight in the eye!” Today, many of her friends are in her orthodontist’s care. Hopefully you now understand that teeth can be moved at any age and what the benefits are of investing in a beautiful and healthy smile.

It is important to note that your treatment can be conducted without compromising your lifestyle - your braces do not have to show! Some recent innovations for adults using ‘high-tech’ aesthetic materials include clear removable plastic aligners, lingual orthodontic braces behind the teeth, tooth-coloured brackets and ‘white system braces’. As one orthodontist observes, “When braces change your looks, they change your outlook too.” Orthodontics can be credited for dramatic improvements in the careers and personal relationships of those who have grasped the opportunity.
Who can benefit from Orthodontics?

Some believe braces are “for children only” but the truth is that there is a higher uptake of orthodontic treatment among adults than ever before!

Tooth movement is based on biological and physical manipulation of the teeth and their supporting structures. The movement is a basic healing cycle which is replicated several times during the orthodontic process and is identical in children and adults.

For this cyclical healing process to be effective the teeth, the gums and their supporting bones must be healthy. It is never too late to have orthodontic treatment. Whether you are 7 or 70 years old, you can still have a wonderful smile.

THE BENEFITS OF HAVING ORTHODONTIC TREATMENT INCLUDE:

- Good appearance and a great smile.
- Improved self confidence and psycho-social advantages.
- Several options to resolve problems such as crowded or spaced teeth.
- Reduced risk of accidental injury to protruding teeth.
- Influencing the growth of the jaws helps produce a better facial profile.
- Re-arranging the teeth to improve the bite.
- Teeth are made easier to clean thereby reducing the risk of decay and gum disease.
- Harmful digit sucking habits can be stopped.
- Early intervention reduces the complexity of treatment in later life.
- Elimination of undue stresses on the jaw joints and abnormal wear of teeth.
- Preparation of the teeth for future work by other dental specialists.
- Aids speech development and adaptation.
- Having well arranged teeth can make you look younger.
While orthodontic treatment can improve smiles at any age, there may be an optimal time for individual patients to begin treatment in order to achieve maximum improvement in a minimum amount of time.

The American Association of Orthodontists recommends that a child’s first visit to an orthodontist takes place no later than age seven if an orthodontic problem is detected. Depending on the type of problem, this first visit could take place as early as age four to six.

Sometimes, malocclusions are present behind seemingly acceptable smiles. And while treatment may not be started until years later, early examination allows the orthodontist to detect and evaluate problems and plan appropriate treatment at the optimum time. In some cases, early treatment may be initiated to prevent more serious problems from developing.

Early treatment may prevent more serious problems from developing and may make treatment at a later age shorter and less complicated.

Orthodontists can spot subtle problems with jaw growth and emerging teeth while some baby teeth are still present.

While your child’s teeth may appear to be straight, there could be a problem that only an orthodontist can detect.

The check-up may reveal that your child’s bite is fine. Or the orthodontist may identify a developing problem but recommend monitoring the child’s growth and development. Then, if indicated, begin treatment at the appropriate time for the child. In other cases, the orthodontist might find a problem that can benefit from early treatment.

Early treatment may prevent more serious problems from developing and may make treatment at a later age shorter and less complicated.

In some cases, the orthodontist may be able to achieve results that may not be possible once the face and jaws have finished growing. Early treatment may give your orthodontist the chance to:

- Guide jaw growth
- Lower the risk of trauma to protruded front teeth
- Correct harmful oral habits

Through an orthodontic evaluation at an early age, you will be giving your child the best opportunity for a healthier and more beautiful smile. Because patients differ in both physiological development and treatment needs, the orthodontist’s goal is to provide each patient with the most appropriate treatment at the most appropriate time.

WHY YOUR CHILD SHOULD GET AN ORTHODONTIC CHECK-UP NO LATER THAN AGE 7

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SOME EARLY WARNING SIGNS THAT MAY INDICATE YOUR CHILD SHOULD SEE AN ORTHODONTIST:

- Crowded or misplaced teeth
- Protrusion (overjet)
- Deep bite (overbite)
- Early or late loss of baby teeth
- Thumb and finger sucking
- Speech difficulty
- Difficulty in chewing or biting
- Grinding or clenching of teeth
- Jaws that shift or make sounds
- Missing teeth
- Signs of enamel wear

HOW TO HELP YOUR CHILD WITH THEIR ORTHODONTIC TREATMENT:

- Make sure they brush their teeth a minimum of 4 times a day especially after every meal.
- Ensure they take a toothbrush and some toothpaste to school so that they can clean their teeth after lunch.
- Make sure they don’t eat sweets or drink fizzy drinks. Encourage healthier, tooth friendly alternatives such as fresh fruit and water.
- If your child is sporty, protect their teeth and braces with a mouth-guard.
- Help keep your child’s removable braces safe when they’re not wearing them by purchasing a brace case.
- Call the orthodontic clinic straight away for advice on lost or broken braces.
- Once braces are fitted, purchase a brace cleaning kit.

Sourced from www.braces.org

The American Association of Orthodontists
I’m an adult
What can you do for me?
In recent years, orthodontic treatment of adults has become more common. So what are the reasons for this trend:

1: An increased availability of dentistry and orthodontics to all segments of the population has improved public awareness. Age should not deter anyone from having a beautiful smile and a correctly functioning bite – gone are the days when your dentist would say you are too old to have braces! Many adults make their own orthodontic enquiries and appointments directly.

2: In some cases, where adults experience dental problems the comprehensive and conservative solution usually involves a combination of general dentistry and orthodontics.

3: The increased financial independence of adults enables them to receive orthodontic treatment which may not have been available to them as children.

4: Improvements in dental health mean that more adults are keeping their teeth for life. If you are going to keep your teeth for the rest of your life, why not make them look good?

5: Modern technology now allows the wearer to feel more confident with the look and feel of their braces. Some of the appliances available include ceramic (tooth coloured) fixed braces, clear plastic removable moulds that fit to your teeth and lingual fixed braces, which are attached behind the teeth. All of these options allow you to minimise the visibility of the brace.

For you as an individual, the orthodontic treatment process is a matter of self-improvement during which you should always remember to keep your eyes on the end result.

WHAT’S MY FIRST STEP?

In order to clarify if you can benefit from orthodontic treatment, a consultation with a specialist orthodontist is necessary. After observing the condition of your teeth, gums and supporting bones to determine the potential for improving your smile and dental health, the orthodontist will make a decision and inform you of what your treatment will involve and its approximate cost.

After you have decided to go ahead, your orthodontist will then make diagnostic records of your mouth, including taking moulds of your teeth, special x-rays and photographs.

Because everyone’s teeth are distinct to them, it is only after a thorough examination of your mouth and your orthodontic requirements, that your orthodontist will recommend the optimum course of treatment for improving your smile.

CAN I AFFORD IT?

The cost of orthodontic treatment varies, taking into account possible factors including the severity of the problem, brace type and appointment requirements. Before treatment begins, your orthodontist will be happy to discuss the cost with you. To ensure it is affordable there are a variety of convenient payment plans, where the cost of treatment can often be spread over a period of time.

Fixed braces are more affordable now than at any time before, and when you consider the long-lasting benefits of braces, they are definitely worth it!

DO I NEED ORTHODONTIC TREATMENT?

Regardless of your age, orthodontic treatment will provide you with straight teeth and a distinguished smile. Whilst treatment results in improved self-confidence and satisfaction, the goals of orthodontics are not just the cosmetic enhancement of your smile – there are always significant improvements in the health of your teeth and gums.

Orthodontic problems, like crowding, gaps or a bad bite can worsen over time, if not appropriately addressed. For instance, a ‘bad bite’ can end up causing chewing problems, uncharacteristic wearing of tooth surfaces and injury to the supporting bone and gum tissue.

Poor tooth alignment can contribute to pain in your jaw joints and crowded teeth can be hard to clean or maintain, which may eventually lead to gum disease, tooth decay and even tooth loss.

Another example is when a tooth has been missing for a period of time and the adjacent teeth have tipped into the space, restricting the placement of a bridge or an implant. Orthodontic movement of the adjacent teeth would be the ideal way to recreate the desired space.

WILL BRACES MAKE MY LIFE A MISERY?

Fortunately, braces fit in with almost any lifestyle and you can do virtually anything while you are undergoing treatment – dine out, sing, play wind instruments, have your picture taken and even kiss.

Before commencing treatment you should be under no illusions that to reap the benefits, you might have to make a few compromises such as avoiding some hard foods and reducing sugary treats, brushing your teeth after every meal, flossing as often as possible and making regular visits for brace adjustments.

One orthodontist points out that, “In most cases, adult patients adjust very rapidly and adapt sufficiently enough to enjoy their lives. I’ve had many patients tell me that after a while, they don’t notice that they have them on!”

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**Invisalign braces**

Invisalign is a removable brace system that uses a series of custom-moulded aligners to move your teeth.

Invisalign can be used to treat the vast majority of common problems for adults and children. Using advanced 3-D computer imaging technology to project tooth movement, Invisalign allows you to visualise your treatment from start to finish through animated visuals, which can be viewed online.

Whether your smile needs minor improvements or more extensive adjustments, Invisalign can certainly help. It is successful in treating crowded or widely spaced teeth. It can also relieve more complex issues, including overbites, underbites and even cross bites. In fact, your orthodontist can use Invisalign clear aligners in all or part of many treatment plans.

Every two weeks you will have to replace the old aligner for a new one which will continue to guide your teeth in the necessary direction. Each new aligner may give an initial feeling of minor discomfort for a couple of days – this sensation is typically described as a feeling of pressure and is a sign that Invisalign is working.

The aligners gradually reposition your teeth over the period of treatment – the length of which is determined by the complexity of the case and what you and your orthodontist have agreed to achieve. You will need to go in periodically for a few orthodontic appointments in order to check your treatment progress and make sure your teeth are responding to the aligners.

Invisalign aligners must be worn all day, except when brushing, flossing or eating. Fortunately, because you can remove your aligners to eat and drink you can eat all your favourite foods. After each meal, however, you must make sure that you brush your teeth prior to re-inserting your aligners to maintain good hygiene.

Irrespective of the simplicity of your case, your treatment is best handled by an orthodontic specialist, who is trained to diagnose and solve any problems which may arise during your treatment.

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### Invisalign Product Range:

<table>
<thead>
<tr>
<th>MILD CASES:</th>
<th>MODERATE CASES:</th>
<th>SEVERE CASES:</th>
<th>ALL PROBLEMS:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ALIGNERS (PER ARCH):</strong></td>
<td>Up to 7</td>
<td>Up to 14</td>
<td>No limitation</td>
</tr>
</tbody>
</table>

#### TREATMENT PARAMETERS:
- Very minor crowding and spacing
- Minor orthodontic relapse
- Aesthetic improvements
- Partial treatments

#### SINGLE ARCH TREATMENT AVAILABLE:
- Yes

#### UPGRADE:
- Yes to Invisalign Lite or Full or Teen

#### ADDITIONAL ALIGNERS (REFINEMENTS & MID-COURSE CORRECTION):
- Limited to 1 automated set of additional refinement aligners

#### REPLACEMENT ALIGNERS (EACH):
- Chargeable

#### CANCELLATION FEE:
- Yes

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### Invisalign i7

| **ALIGNERS (PER ARCH):** | No limitation |

#### TREATMENT PARAMETERS:
- Smile improvements
- Minor crowding and spacing
- Aesthetic treatments
- Simple corrections
- Pre-restorative alignments
- Partial or combination treatments

#### SINGLE ARCH TREATMENT AVAILABLE:
- Yes

#### UPGRADE:
- Yes to Invisalign Full or Teen

#### ADDITIONAL ALIGNERS (REFINEMENTS & MID-COURSE CORRECTION):
- Limited to 1 automated set of additional refinement aligners

#### REPLACEMENT ALIGNERS (EACH):
- Chargeable

#### CANCELLATION FEE:
- Yes

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### Invisalign Lite

| **ALIGNERS (PER ARCH):** | No limitation |

#### TREATMENT PARAMETERS:
- Broad applicability - based on level of experience, including comprehensive treatments

#### ADDITIONAL ALIGNERS (REFINEMENTS & MID-COURSE CORRECTION):
- Additional aligners for refinement and mid-course correction included

#### REPLACEMENT ALIGNERS (EACH):
- Chargeable

#### CANCELLATION FEE:
- Yes

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### Invisalign Full

| **ALIGNERS (PER ARCH):** | No limitation |

#### TREATMENT PARAMETERS:
- Broad applicability - based on level of experience, including comprehensive treatments and two phase treatments for teenagers with erupting or erupted dentition

#### ADDITIONAL ALIGNERS (REFINEMENTS & MID-COURSE CORRECTION):
- Additional aligners for refinement and mid-course correction included

#### REPLACEMENT ALIGNERS (EACH):
- Chargeable

#### CANCELLATION FEE:
- Yes

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### Invisalign Teen

| **ALIGNERS (PER ARCH):** | Set of 3 dual arch retainers |

#### TREATMENT PARAMETERS:
- Maintaining smiles

#### ADDITIONAL ALIGNERS (REFINEMENTS & MID-COURSE CORRECTION):
- N/A

#### REPLACEMENT ALIGNERS (EACH):
- Chargeable

#### CANCELLATION FEE:
- Yes

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### Vivera retainer

| **ALIGNERS (PER ARCH):** | No Impressions |

#### TREATMENT PARAMETERS:
- No Impressions

#### ADDITIONAL ALIGNERS (REFINEMENTS & MID-COURSE CORRECTION):
- N/A

#### REPLACEMENT ALIGNERS (EACH):
- Chargeable

#### CANCELLATION FEE:
- Yes

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### iTero scanning

| **ALIGNERS (PER ARCH):** | Proven Imaging Precision |

#### TREATMENT PARAMETERS:
- Proven Imaging Precision

#### ADDITIONAL ALIGNERS (REFINEMENTS & MID-COURSE CORRECTION):
- N/A

#### REPLACEMENT ALIGNERS (EACH):
- Chargeable

#### CANCELLATION FEE:
- Yes

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**i7**

**TOOLS OF THE TRADE**

**PRECISION**

Instead of taking impressions or moulds, your doctor might choose to take a scan of your teeth (serial computerised images of your teeth), using this latest high-tech gadget called the iTero Scanner.

**PROVEN IMAGING**

An improved case presentation
Better orthodontic experience with more comfort and less anxiety
Reduced chair time
Easier re-fabrication of lost or broken appliances
Potentially reduced treatment time

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**CANCELLATION FEE: **

**PROVEN IMAGING**

An improved case presentation
Better orthodontic experience with more comfort and less anxiety
Reduced chair time
Easier re-fabrication of lost or broken appliances
Potentially reduced treatment time
New treatment for Goofy teeth and Overjets...

One of the most common orthodontic problems is a discrepancy that occurs if the lower jaw is set back relative to the upper, giving the appearance of goofy or protruding upper teeth.

With these cases the treatment objective would be to encourage the lower jaw to catch up in growth and a functional appliance may help this happen. Functional appliances are devices used to correct bad bites and they are mainly used in growing patients. They are so-called because you can 'function' when they are in your mouth. These appliances exploit the muscle actions used when speaking, eating and swallowing to produce forces that move the teeth and align the jaws. Invisalign Teen with mandibular advancement (for complex cases) offers a simpler, more efficient and patient-friendly treatment option than traditional functional appliances to treat goofy teeth and overjets.

EFFECT OF FUNCTIONAL APPLIANCES ON THE PROFILE

BEFORE:
The lower jaw is smaller than the upper causing an adverse profile where the top appears to stick out as shown in the silhouette.

AFTER:
The jaws have been brought into alignment by wearing functional braces which has corrected the profile creating a much straighter silhouette.

COMPARISON OF FUNCTIONAL APPLIANCE METHODS

INVISALIGN TEEN FOR COMPLEX CASES
NEW METHOD

• SIMPLE
• MORE EFFICIENT
• MORE PATIENT-FRIENDLY SOLUTION

TREATMENT LENGTH 18-24 MONTHS - 6 MONTHS QUICKER
TREATMENT PLAN SINGLE PHASE COMBINED TREATMENT: CORRECTS GOOFY TEETH & STRAIGHTENS TEETH TOGETHER
SPEECH UNAFFECTED BY INVISALIGN
VISIBILITY INVISIBLE
COMFORT VERY COMFORTABLE
LOST BRACES NO COST FOR LOST ALIGNERS

TWIN BLOCK & FIXED BRACES
OLD METHOD

TREATMENT LENGTH 24-36 MONTHS
TREATMENT PLAN 2 PHASES: OVERJET CORRECTION & TOOTH STRAIGHTENING DONE SEPARATELY
SPEECH AFFECTED BY TWIN BLOCK
VISIBILITY INVISIBLE
COMFORT VARIABLE
LOST BRACES EXPENSIVE

4 MILLION PATIENTS WORLDWIDE HAVE MORE REASONS TO SMILE

FIX YOUR SMILE WITH invisalign

CONTACT US TODAY TO ENHANCE YOUR LIFE | VISIT OCTAGON ORTHODONTICS: WWW.OCTAGONORTHODONTICS.COM OR VISIT THE ASHCROFT CLINIC: WWW.THEASHCROFTCLINIC.CO.UK
A fixed brace is an orthodontic appliance which cannot be removed from the mouth by the patient. Amongst teenagers, fixed braces are commonly known as “train tracks” which can be used to treat children and adults alike.

Fixed braces are one of the most effective ways of straightening teeth. They can be used in combination with removable or functional braces and while a fair number of patients benefit from more than one type of brace, most will have fixed braces.

It is important to familiarise yourself with the different components that make up your fixed brace.

- **LIGATURE OR MODULE**
  A ligature is a tiny wire and a module is a tiny elastic, both of which can be used to hold the archwire in place on each bracket.

- **ARCHWIRE**
  These act as a guide or track, along which the teeth are to be moved. They are changed throughout the treatment. Each archwire change brings us closer to an ideal tooth position.

- **BRACKETS**
  These are small square shapes which are cemented directly onto each tooth. The arch wire is then placed through the bracket. We use three types of brackets metal, gold and ceramic.

- **SEPARATORS**
  To make it more comfortable for you, before placing part of your fixed brace, we may need to make space between your back teeth to allow the bands to go into place. Slowly over a few days, separators gently move certain teeth slightly apart to allow us to accurately place bands on your next appointment. This can cause temporary soreness that will go away in a few days. Rinsing with warm salt water can help relieve the soreness. It is important to call the practice for advice if you lose one, or more of the separators.

- **MATERIAL BAND**
  These are thin bands or rings of metal, carefully fitted to the tooth and then cemented in place. They have either a tube or hook attached so that the wire can be held in place.

- **ELASTIC HOOKS & RUBBER BANDS**
  Not every patient needs to wear elastics. These are small rubber bands which are attached to hooks on your brackets to cause a continuous, gentle force to help individual tooth movement or to align one arch to the next. If you are required to use them please note that they are speeding up the day you get your braces off so it is in your best interests to wear them. Teeth have never failed to move when elastics are worn consistently as directed by the orthodontist.
While there are different brands of fixed braces, they work in the same way and common issues crop up.

Handling emergencies with fixed braces

Read on to find out the answers to some commonly asked questions which arise for patients in fixed braces. Most of these problems are not detrimental to treatment and any discomfort can be alleviated at home by using the information below. If you are in pain or discomfort, then every effort will be made to schedule an appointment for you to see the orthodontist.

DISCOMFORT

It is quite normal to experience discomfort for a day or two after braces or retainers are fitted or adjusted. The discomfort can make eating uncomfortable – this is both normal and temporary. Keep to eating soft foods during this time and use a mild analgesic such as ibuprofen or paracetamol for the first few days if discomfort is experienced.

PROTRUDING WIRE

Occasionally, the end of a wire will work itself out of place and irritate the mouth. Use a cotton bud or pencil eraser to push the wire so that it is flat against the tooth. If the wire cannot be moved into a comfortable position, cover it with relief wax supplied in your cleaning pack. In a situation where the wire is causing extreme pain and you are not able to see the orthodontist soon, you may, as a last resort, cut the wire using a sharp pair of nail scissors or clippers.

To reduce the possibility of swallowing the snipped piece of wire, use a folded tissue or gauze around the area. Relief wax may still be necessary to provide comfort to the irritated area.

IRRITATION OF LIPS OR CHEEKS

Sometimes new braces can be irritating to the mouth, especially when eating. A small amount of non-medicinal relief wax makes an excellent buffer between brace and mouth which you can find in your cleaning pack. Simply pinch a small piece and roll it into a ball the size of a small pea. Flatten the ball and place it completely over the area of the braces causing irritation. Eating will then become more comfortable (avoid hot drinks as this will melt the wax). If the wax is accidentally ingested, it’s not a problem as the wax is harmless.

MOUTH SORES

Some patients are susceptible to episodes of mouth sores. While braces do not cause them, they may be made worse by an irritation from braces. One or several areas of ulceration of the cheeks, lips or tongue may appear. This is not an emergency, but may be very uncomfortable. Prompt relief may be achieved by applying a small amount of topical anaesthetic directly to the ulcerated surface using a cotton swab. Re-apply this when needed or as directed by the instructions on the product.

FOOD CAUGHT BETWEEN TEETH

This is not an emergency, but can be a little uncomfortable. It is easily fixed with dental floss. Try tying a small knot in the middle of the floss to help remove the food, or use your interspace (small headed) brush or toothpick to dislodge food caught between teeth and braces.

LIGATURES COME OFF

Tiny rubber bands or small, fine wires, known as ligatures, hold the wire to the bracket. If a rubber ligature should come off, you may be able to put it back in place using clean tweezers. If a wire ligature comes loose, simply remove it with tweezers. If the wire ligature is sticking out into the lip but is not loose, it can be bent back down with a cotton bud or pencil eraser to eliminate the irritation. When one ligature pops off or breaks, others may follow. Examine all ligatures adjacent to the missing ligature. Please notify your orthodontist to check whether the ligature needs to be replaced.

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When wearing braces, it is essential that you maintain a high standard of oral hygiene throughout your treatment:

**TOOTHBRAIES & INTERSPACE TOOTHBRUSHES**

During your orthodontic treatment you must brush your braces and teeth at least a minimum of four times a day - after every meal and morning and night. Use two different types of toothbrush to do this, a regular toothbrush and an interspace toothbrush (small headed brush).

Use the regular toothbrush firstly to remove all the food and plaque for 3-5 minutes. Use short, fast and firm forwards and backwards motions and make sure you brush above and below your brace to clean your gum lines. Then use the interspace toothbrush (small headed brush) to get through all the areas missed by the large headed toothbrush. You do this by firmly brushing so that the bristles spread out in-between the wires, brackets and gum margins. Be sure no food or plaque is left on the braces or teeth as this will cause permanent damage.

It is important to remember to take a toothbrush and interspace brush with you when you go out of your home so that you can always clean your teeth after every meal. A travel toothbrush and a travel interspace toothbrush will make this easier for you.

**DISCLOSING TABLETS**

To ensure you are cleaning your teeth well we recommend the use of disclosing tablets. The tablets highlight where plaque has developed on the teeth and around the gum line. Using the tablets to show the plaque will allow you to concentrate on brushing the specific areas to reduce the damaging plaque build up.

**DENTAL MIRROR**

Use the dental mirror to familiarise yourself with the different parts of your brace and regularly check it so that you are aware if something comes loose or breaks. You can also use the dental mirror to check for any food or plaque that may be stuck behind or around the teeth which was missed when brushing. It is also useful for checking for plaque on your back teeth when you use the disclosing tablets.

**FLUORIDE MOUTHWASH**

Fluoride mouthwash provided in the cleaning pack must be used at least once a day, morning or evening after brushing, or more often if you prefer.

**FLOSS AND THREADERS**

It is important to regularly floss your teeth to maintain healthy gum lines, threaders will allow you to continue to do this throughout your treatment. They are flexible so that you can thread floss through them then move around the wires on the brace allowing you to push the floss between the teeth to clean as normal.

**WAX**

To prevent the brace from rubbing against the inside of your lips and mouth you may need to apply wax. You do this by pulling off a pea-sized amount of wax, rolling it into a soft ball and then moulding it around the bracket that is rubbing. The wax becomes the barrier between your brace and the sore area and stops it rubbing allowing you to heal. Don’t worry if you swallow the wax as it is harmless and be aware that if you have a hot drink when wearing wax it will probably melt!
Keep on smiling

To make sure your new confident smile lasts for decades to come, you will have to use retainers, that way you will keep the smile that took time, skill and investment to create!

WHY IS RETENTION SO IMPORTANT?

After braces have been removed, teeth have a tendency to return to their original position undoing your great new smile. To prevent this, your orthodontist may advise you to wear a retainer.

Wearing a retainer is simple, but it is actually a complex piece of equipment and a significant part of your orthodontic treatment. To maintain the success of your orthodontic treatment, it is vital that you wear your retainer in the way that your orthodontist advises.

It is difficult to say how long you will need to wear your retainer – each patient is an individual case. Your orthodontist’s advice about how long you will need a retainer for will be tailored to you.

There are a range of different retainers available and your orthodontist will recommend to you the type of retainer that will best keep your teeth in position.

VIVERA REMOVABLE RETAINERS

Like Invisalign, Vivera retainers are custom made especially for each individual patient. You are provided with three sets and they are made using:

- Most advanced technology
- 3D digital imaging
- Clear thermoplastic material
- Advanced fabrication technology

The combination of all of this technology enables the Vivera retainers to not only be strong and almost invisible, but also to have a precise fit.

INSTRUCTIONS FOR VIVERA REMOVABLE RETAINERS

- Wash these retainers EVERY NIGHT into the future if you want to keep your new straight! Your orthodontist might ask you to do additional hours, if necessary.
- Do not drink hot drinks whilst wearing the retainer or this will distort it, as well any contact with hot liquid.
- Remove when brushing teeth, eating or playing sports.
- When the retainers are out of your mouth, place them in a brace/retainer case for safety.
- Brush your teeth after eating before replacing the retainer.
- Clean them once a day using a toothbrush, water and a clear liquid soap only.
- Do not use toothpaste to clean them, because it can make your retainers more brittle and prone to breakage.
- Bring your retainers for the periodic check-up appointments.
- Vivera retainers come in sets of three, so if you break or loose a set, you will already have a replacement to hand.
- There is an additional cost for any additional replacement sets.

BONDED FIXED RETAINERS

These consist of a wire bonded to the tongue-side of your teeth. They are designed to hold your teeth in a particular position for a long period of time, and the longer they remain in place the greater the guarantee that your teeth will remain straight.

INSTRUCTIONS FOR BONDED (FIXED) RETAINERS

- Bonded retainers are designed to hold the teeth in the exact position over a long period of time. The longer they remain in place the greater the guarantee that your teeth will remain straight.
- You must note and memorise the position of the thin wire behind the teeth and the special cement used to attach this wire to each tooth.
- Check the wire with a small mouth mirror every morning.
- Brush the back of your teeth and over the wires thoroughly.
- Check the wires with a small mouth mirror every morning.

ESSIX REMOVABLE RETAINERS

This is a clear or transparent retainer that is moulded to fit over the teeth.

INSTRUCTIONS FOR ESSIX REMOVABLE RETAINERS

- Wear these retainers during the day whilst wearing the Hawley retainers at night. This will help the retainer to last longer.
- Do not drink hot drinks whilst wearing the retainer as this will distort it, as well any contact with hot liquid.
- Remove when brushing teeth, eating or playing sports.
- When the retainers are out of your mouth, place them in a brace/retainer case for safety.
- Clean them 3-4 times a day by brushing with a toothbrush and clear liquid soap under cold water only. Do not use toothpaste.
- Bring your retainers for the periodic check-up appointments.
- There is an additional cost for replacement or repair of this retainer.

HAWLEY REMOVABLE RETAINERS

This is the most common retainer and is made of a metal wire that surrounds the teeth, keeping them in place. The wire is rooted to a piece of specially moulded acrylic, which resides in the palate or floor of the mouth.

INSTRUCTIONS FOR HAWLEY REMOVABLE RETAINERS

- Wear your retainers day and night for 6 months. Then wear them every night into the future if you want to keep your teeth straight.
- Remove when brushing teeth, eating or playing sports.
- When the retainers are out of your mouth, place them in a brace/retainer case for safety.
- Clean them 3-4 times a day using a toothbrush and toothpaste.
- Bring your retainers for the periodic check-up appointments.
- There is an additional cost for replacement or repair of this retainer.

My smile looks fantastic! So why would I compromise it? My retainers keep it looking fantastic!
MEET THE CLINICIANS

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Dr Zeyneb Al-Shebib
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Dr Rashida Akram
RDN Dip Orth (Warwick)

PRINCIPAL ORTHODONTIST
- DIAMOND INVISALIGN DOCTOR
- TREATED OVER 1000 INVISALIGN PATIENTS
- INVISALIGN SPEAKER LECTURER

DR INVISALIGN PLATINUM ELITE PROVIDER
- INVISALIGN SPEAKER LECTURER

SPECIALIST IN ORTHODONTICS

PRINCIPAL ORTHODONTIST

SPECIALIST IN ORTHODONTICS

DENTIST WITH SPECIAL INTEREST IN ORTHODONTICS

SPECIALIST IN ORTHODONTICS

DENTIST WITH SPECIAL INTEREST IN ORTHODONTICS

SPECIALIST IN ORTHODONTICS

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SPECIALIST IN ORTHODONTICS

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Services available:

- ALL ORTHODONTIC BRACES FOR ADULTS AND CHILDREN
- NHS TREATMENT FOR CHILDREN UNDER THE AGE OF 18
- SPECIALIST ORTHODONTIC CARE FOR ADULTS AND CHILDREN
- AESTHETIC AND INVISIBLE BRACES
- INVISALIGN PREFERRED PROVIDER
- INVISALIGN TEEN PROVIDER
- ITERO INTRAORAL SCANNING FACILITIES
- CERAMIC, AESTHETIC AND TOOTH COLOURED BRACES
- LINGUAL (BEHIND THE TEETH) BRACES
- REMOVABLE APPLIANCES
- REMOVABLE AND FIXED RETAINERS
- HYGIENIST PROCEDURES & TEETH CLEANING SERVICES
- AIR POLISHING & AIR ABRASION
- ORAL HYGIENE PRODUCTS
- TEETH WHITENING & BLEACHING

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WHERE BEAUTIFUL SMILES ARE CREATED
CALL YOUR PREFERRED PRACTICE TODAY

For over a decade Octagon Orthodontics’ High Wycombe practice has been creating beautiful smiles for thousands of adult and child patients.

This practice certainly has the wow factor! You can easily locate the impressive four floor building which brings you to a quirky and refreshingly original mini reception desk made from half a vintage mini one. Smartly uniformed staff are on hand to greet each and every visitor with warm and wonderful smiles.

Specialist clinicians are on hand to provide personalized comprehensive brace care for adults and children with the assurance that every endeavour is made to guarantee a comfortable, pleasurable and exclusive journey. The culture is to bring the latest expertise, wealth of experience and skill whilst ensuring the best interests of every patient.

I was looking for an orthodontist to continue brace treatment for my children and me following our relocation from Connecticut, USA. Dr Ilori’s practice welcomed us and the transition has been a smooth process. My children are happy and the level of service is just amazing,” JC of Chalfont St Giles.

For those seeking to improve their smiles, Octagon Orthodontics runs a specialist orthodontic service at Dental Art, an advanced dental practice located in Old Town Beaconsfield.

This purpose built dental centre is colourfully decorated and features a unique gallery of paintings, sculptures and jewellery from local artists, which can be purchased or just enjoyed, contributing to an interesting and inviting atmosphere. Large floor to ceiling glass panes bring light and life into this clinical environment, creating a sense of openness, ease and comfort.

The Ashcroft Clinic in Denham (Octagon Orthodontics affiliated clinic) is proud to be the first private clinic in the area with acute hospital status. Our resident specialist orthodontists will use their expertise to diagnose and manage any concerns that you might have with your teeth, bite or smile. We also have other allied practitioners in the fields of dentistry, medical aesthetics, beauty/skin therapy and private medical doctors who provide their on-site services to cater for your total well-being.

Qualified, experienced clinicians utilise the latest technologies and equipment to aid them in delivering exceptional results. Every clinician offers reassurance of first class treatment boasting not just skill but also vast experience. Dr Peter Ilori explains, “Every visitor and client who enters the practice is given our full attention ensuring each visit is a pleasant experience.”

This stunning branch clinic is situated in a beautiful old town house which has been restored and refurbished whilst retaining most of the original features. Established within the 2,500 square foot space is a specialist orthodontic clinic and several multi-purpose clinical and meeting rooms.

The feel is more of a cozy, welcoming home, with high ceilings, large rooms and original fireplaces which complement the cutting edge technology used by the resident specialists.

If you are seeking orthodontic care, cosmetic dentistry or other aesthetic treatments, The Avenue, in Ealing is close to central London making it accessible to anyone in the metropolis.

The philosophy behind all treatments is contemporary and aesthetically focused with a fastidious aethetically focused with a fastidious aethetically focused with a fastidious aethetically focused with a fastidious aethetically focused with a fastidious aethetically focused with a fastidious
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CHOOSE YOUR BRACES

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