

Orthodontic Department  
**Patient Information**



The Information Standard Certified Member

# Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail [patient.info@dchft.nhs.uk](mailto:patient.info@dchft.nhs.uk)

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## Your First Visit

Orthodontic Department  
Dorset County Hospital  
Williams Avenue  
Dorchester  
Dorset  
DT1 2JY

**Opening Times:**  
Monday – Friday  
8.30am – 5.00pm

Tel: 01305 255174

<http://www.dchft.nhs.uk/patients/departments-G-O/orthodontics/Pages/default.aspx>

**If for any reason you need to change your initial appointment please contact our Department on 01305 255174.**

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## Why have I been sent an appointment?

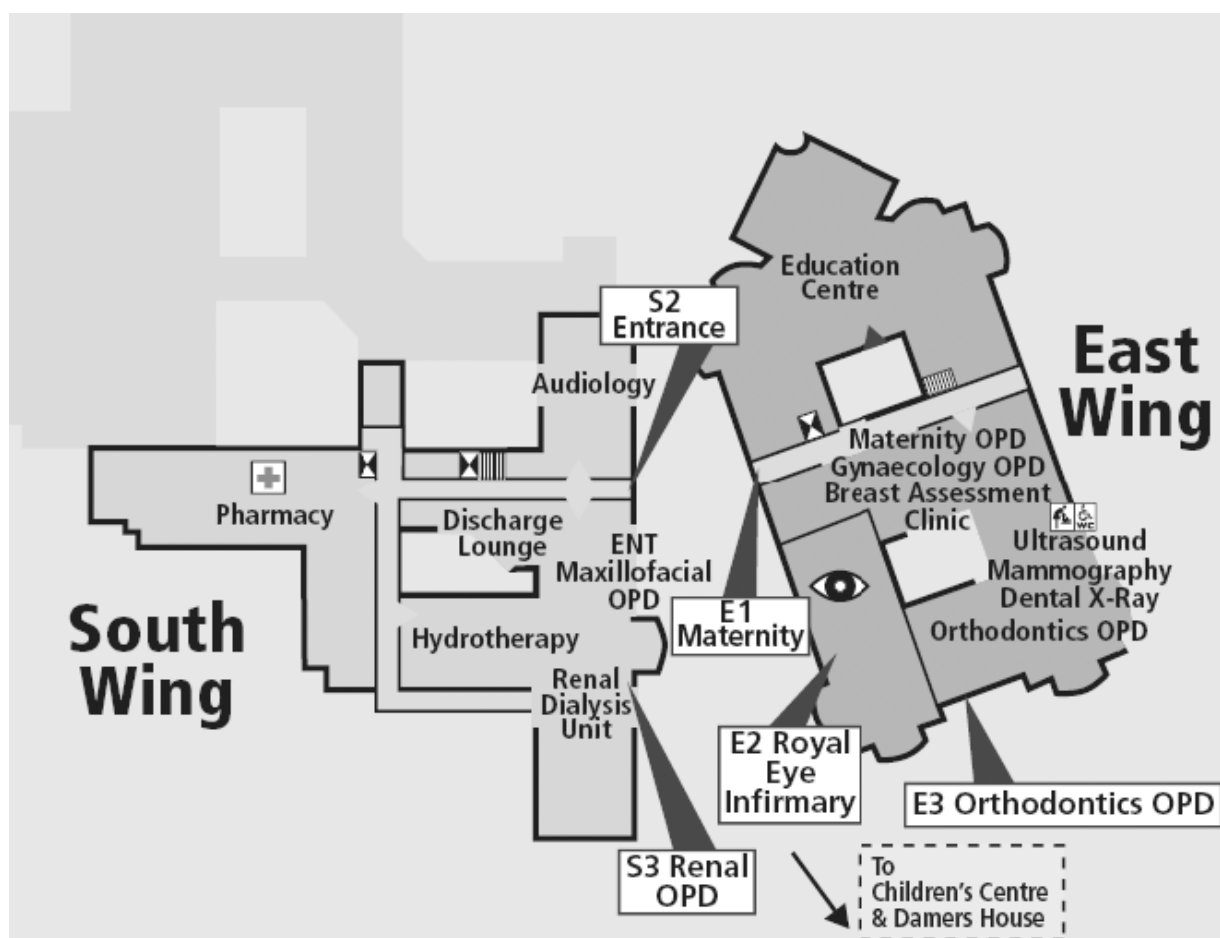
This is usually because your dentist has noticed a problem with your teeth. Problems can include:

- Crooked or overcrowded teeth
- Sticking out teeth
- A problem with your bite
- Teeth stuck in the gum
- Missing teeth
- Extra teeth



## How do I get to the department?

- When you enter the hospital grounds follow the signs for East Wing.
- Enter the hospital through Entrance 3 of East Wing.
- This door leads straight into the Orthodontic Department.



## Where can I park?

- Although there is a pay and display car park at Dorset County Hospital parking can be very difficult.
- We would therefore suggest that you to use public transport to get here if possible.
- If you do decide to drive then you should leave yourself plenty of time to park and consider using the nearby town car parks.
- The charges for our pay and display car park are:



**Up to 1 hour - £1.70**  
**Up to 2 hours - £2.60**  
**Up to 3 hours - £3.70**

**Up to 4 hours - £4.50**  
**Over 4 hours - £7.00**

## What will happen at my first appointment?

- You will be asked to complete a medical history form when you arrive.
- One of our Consultants (or a member of their team) will then look at your teeth (a bit like having a check-up at the dentist).
- You will probably be asked to visit the x-ray department for an x-ray.
- You will then see the orthodontist again to discuss the problems with your teeth and the options to solve them.

**NB This will take some time so allow approximately 2 hours for your appointment.**

## Will I automatically be offered a brace?

- We cannot offer everyone braces.
- There is a national scoring system to identify the people who will benefit most from braces.
- If your teeth are not bad enough to be treated at the hospital then you may choose to leave them or we will explain to you where else you might receive treatment.

## Do I have to wear a brace if offered one?

- We do not force you to wear a brace, the final choice is yours.
- You should think about whether you are willing to wear a brace before you come to see us.
- Braces are a big commitment so we will be able to give you some time to decide whether you can make that commitment after you have talked to the orthodontist.

## When will my treatment start?

- Do not expect a brace to be fitted straightaway.
- If we are able to provide you with a brace this will take a few months to organise.

## What types of braces are there?

- We mainly use **fixed braces** (train tracks). Here small metal squares (brackets) are glued to the teeth and are connected by a wire. We do not offer cosmetic or tooth coloured fixed braces.
- Sometimes we use **removable** or **functional braces**. These plastic braces can be taken out for cleaning, but must be worn at all other times to work properly.
- Occasionally we ask you to wear a **headgear brace**. This brace has a headstrap that you connect to the fixed or removable brace in the evenings and at night.

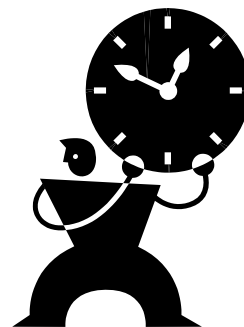
These braces do different jobs and unfortunately you cannot choose the one you want. Sometimes more than one type of brace will be necessary. Your orthodontist will advise you which brace will be needed to fix your teeth or jaws.

## Will I need to have teeth removed?

Sometimes teeth need to be removed to make room to line up your teeth or to encourage teeth which are stuck in the gum to come through. Normally the teeth will be removed by your own dentist, with local anaesthetic, just before the braces are fitted.

## How long does brace treatment take?

- Usually braces are on for 1½ -2 years.
- You will have to come every 4-8 weeks to have the braces adjusted.
- After the fixed braces are removed you will need to wear a retainer brace on a long term basis.



## How much will it cost?

- Your braces will be free.
- However, if you break your brace frequently or lose your removable brace you may be charged for a replacement.

## Are there any risks?

- There are risks to wearing a brace which will be fully explained before you agree to have your brace fitted.
- Your teeth can be damaged if you do not clean around the brace properly or have too much sugar.
- Because of this, we will not offer you a brace if you cannot clean your teeth well.
- If you lose interest in cleaning your teeth during your treatment, then we may remove your brace early.

## What are my responsibilities?

- **Cleaning** – as mentioned above you will have to make sure that the teeth and the brace are cleaned well (after every meal).
- **Watching what you eat** – you will have to cut down on sugary drinks and snacks. There are certain foods that you will have to give up for example toffees and chewing gum.



- **Attending appointments** – you must let us know as early as possible if you cannot attend your appointment. This way we can give your slot to someone else. If you frequently miss or change appointments your treatment will take longer or may not be completed.
- **Wearing your brace** – removable braces will not work if they are not worn. If you are asked to wear a headgear brace or elastics with your fixed brace then you must wear them for the correct number of hours.

## **Are the results permanent?**

- Teeth do tend to move slightly throughout life so eventually they may become slightly crooked again.
- To minimise this we ask you to wear retainers at night time long term. If you stop wearing them the teeth are likely to move.

## **Will I still have to visit my own dentist?**

Yes you will still have to see your dentist for routine check-ups.

## **Where can I find out more information?**

- Please visit our website:  
<http://www.dchft.nhs.uk/patients/departments-G-O/orthodontics/Pages/default.aspx>. Here you can 'Meet the team' and there are photo stories which explain what will happen at your appointment.
- You can then ask the orthodontist any questions you still have.

## **What happens if I miss my appointment?**

- You will not be sent another appointment.
- We will write to your dentist to tell them that you did not attend.
- You should contact your dentist to ask for another referral to be sent.
- To avoid this, please let us know if you cannot attend your appointment. Another patient may be able to use your slot.

## **No Smoking Policy**

The hospital operates a no smoking policy.