



## Information for patients

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### Opening Times

Monday	9.00 – 12.30	2.00 – 8.00
Tuesday	9.00 – 1.00	2.30 – 5.30
Wednesday	8.00 – 12.30	2.00 – 6.00
Thursday	9.00 – 12.30	2.00 – 5.30
Friday	8.00 – 2.00	

### Welcome

to Chesterfield Orthodontics, where you are assured of a warm welcome and high quality care in a comfortable, modern and relaxed environment. In this leaflet you can find out more about the practice and the answers to our most frequently asked questions. For more information, please see our website.

### How to find us

We are very easy to find, close to the town centre of Chesterfield just off Markham Road and opposite the Ravenside Retail Park. The bus and coach stations are nearby. We have limited car parking spaces in our car park, but there are plenty of public car parks within walking distance.

Please see our separate leaflet for a map and more detailed directions.

### About appointments

Please note we only provide orthodontic treatment. It's essential that all our patients carry on visiting their own dentist for regular check-ups, as well as for any extractions or fillings that may be needed.

Most of your appointment slots are for 10 minutes. Occasionally, perhaps twice a year, longer times are needed for more complex treatment. As most of our patients are children you can appreciate that our busiest times are before and after school. If you require these appointments the interval between your appointments times may be longer.

### Dental Care Professionals

Dental Nurses, who have undergone further training play a very active part in treating patients. For example, our Orthodontic Therapists carry out routine clinical tasks, as prescribed by the Orthodontist, who will still see you at regular intervals or when needed. Using Therapists helps us to treat patients more efficiently.

### About the team

Phil qualified as a dentist from Dundee University in 1981, and as an Orthodontic Specialist in Edinburgh in 1983. He moved to Sheffield in 1985, and started Chesterfield Orthodontics in 1995. He is very involved in the training of Therapists in the practice, and also as a tutor at Manchester University.

Claire joined us in 2013. She qualified as a dentist from Newcastle University in 2004, and completed her specialist training in Newcastle in 2010. Claire works for us part-time, whilst devoting time to her own practice in Buxton and her young family.

Ajay qualified as a dentist from Leeds University in 2000 and obtained his orthodontic qualifications from the University of Sheffield in 2008. Ajay also works for us part-time, and has a young family of three children.

Our Therapists are Emma, Amy, Keri, Kate and Sophie, who have all worked for us as Dental Nurses. Lisa Green will begin her Therapist training in August 2018. They provide most of the treatment you will receive, and all are extremely competent and hard working!

Our Private Treatment Co-ordinators are Laura (also our Office Manager) and Lisa Green. They are supported by our Dental Nurses Debbie, Lisa (Barnett), Kelly, Victoria, Alice, Abby, Emily, Carrie and Jess.

Most of our staff are trained and qualified to take X-Rays, as well as the photographs and impressions of your teeth that are needed at the start of treatment. They will also help you with teaching how to fit and clean your appliances.

We are very proud of our dedicated and skilled team looking after you, and they will be pleased to answer any questions you may have about orthodontics or our practice.

## Faqs!

### What is Orthodontic treatment?

Orthodontics is the correction of the position of teeth which are either in the wrong place or crooked. Sometimes we can encourage movement of all of the teeth in the jaw by making use of the natural growth changes of the face.

### Why might treatment be necessary for me?

Possibly...

- to improve how the teeth look, and give an even smile
- because straight teeth are easier to keep clean than crooked teeth
- to provide a proper bite between upper and lower teeth
- to reduce the risk of injury to teeth if they protrude.

### How does treatment work - does it hurt?

We move teeth into different positions with orthodontic appliances ("braces") which apply gentle pressures. You may get some discomfort at certain times, but it doesn't usually last very long.

### What sort of appliances are used and what do they look like?

These are the main ones we use in our practice...

#### Removable Appliances

This is a plastic plate clipped to the back teeth which has small wire springs to move the teeth. They are not particularly noticeable, even when worn all the time - which they should be!

#### Twin Block Appliances

These are upper and lower removable appliances which work together by using the muscles of the face to encourage forward development of the lower teeth. You would get these if you have prominent upper teeth caused by an under-developed lower jaw. If so, we use Twin Block appliances as a first stage in treatment before going on to fixed appliances.

## Faqs!

### Fixed Appliances

These have small metal attachments glued to each tooth, with a wire joining them together, as you can see from the picture. The wire is held into the brackets with coloured rings, which are changed every appointment



### Invisible braces

It's now possible in some cases to put the fixed appliance on the back of the teeth, where they can't be seen. These are called "lingual" appliances, but can only be provided for private treatments.



### How long does treatment take?

It usually takes about 2 years to complete all tooth movements, depending on the problem. During this period you would need to visit for appliance adjustments every 4 – 8 weeks. Reliable attendance is important to help keep the treatment time as short as possible.

## Faqs!

After the braces are removed, we hold the teeth straight (with much simpler "retainer" appliances) for about one year.

### Will I need to have any teeth taken out?

Sometimes, if space is needed to straighten crowded teeth or protruding teeth. Then we choose the teeth to be extracted very carefully, so that provided treatment is completed as planned, we don't leave any spaces – and you won't notice that any are missing.

### When should treatment be started?

For most cases, it's once all the baby teeth have been replaced when you are about 11 – 13 years old. However, we usually prefer to assess patients for the first time a little before this. This is because some problems can be picked up early, and certain treatments need to be carefully timed so as to make the best use of your growth.

### Do appliances damage my teeth?

Not if you look after them properly and have them adjusted regularly. You must also keep your teeth very clean, otherwise they become decayed. If tooth brushing is not up to scratch before treatment, we won't start.

### How much does treatment cost?

It's free for patients under 18 years and assuming that the irregularity is severe enough to meet the criteria for NHS treatment. This is assessed using the Index of Orthodontic Treatment Need, or IOTN. Your Orthodontist will advise you if this affects you.

### Can adults have treatment?

Yes. Orthodontic treatment can be done at any age. Tooth movements may be slower and therefore everything will probably take longer, and the scope of treatment may be more limited. Adult patients can only be treated privately.

### What next?

We will give you much more information after the initial appointment. If you want to find out more about Orthodontics or our practice, please look on our website, and look at our Facebook page.