



Greater Manchester Orthodontic Managed Clinical Network information for patients

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Orthodontics is a specialist branch of dentistry that deals with the development and management of abnormalities of the teeth, jaws and face.

With treatment, our aims are to produce a healthy and functional bite to provide greater resistance to disease and create a nice smile, which will improve self-confidence and wellbeing.

Orthodontic treatment is provided by using fixed or removable braces to correct the positions of the teeth or jaws.

Treatment success is highly dependent upon **your** cooperation and this includes:

- Good brushing to keep the brace & teeth clean, and gums healthy.
- Good diet to prevent permanent marks and scars on the teeth by avoiding sugary snacks and fizzy drinks.
- Avoiding hard sticky or chewy foods to prevent the brace being damaged.
- Following instructions about wearing the appliances and elastics as required.
- Attending all appointments, as repeatedly cancelling or missing appointments will mean the treatment will take much longer.
- Continuing to visit your general dentist regularly for routine dental care.

Orthodontic treatment lasts for approximately **12-24 months** with patients having to return to the orthodontist for adjustments **every 6-8 weeks**. Following completion of treatment **long-term retainer wear** will be required.

For your treatment to be completed in an efficient and timely manner you should continue with the same orthodontist or clinical team. As such, **mid treatment transfers to a different orthodontist will only be possible in exceptional circumstances**. If you do have any concerns regarding commitment to the

appointment timings or the location of the practice then please discuss this with your orthodontist **before** the braces are fitted.