

## Why have orthodontics?

A good smile is important in many aspects of life. We can help you achieve a smile that you will want to use! We can also help your dentist provide other dental work such as bridges.

## Why River Practice?

Our orthodontists have completed extensive postgraduate training and won many major awards. We can provide some of the highest quality and best value treatment in the world.

## What can be achieved?

A full course of orthodontic treatment usually takes between 6 and 22 months depending on its complexity. During your treatment you will need to have the appliance adjusted every 4-12 weeks depending on the stage of treatment.

## How long does treatment take?

Most of our patients seek re-alignment of their teeth, and this can give a significant improvement in dental appearance, as the following pictures show.



Before



After

Sometimes, orthodontics alone cannot give a good dental appearance, for example, where front teeth are missing. Orthodontics can be used to create the optimum space for implants, bridges, or a denture to replace the missing teeth.



Before



After



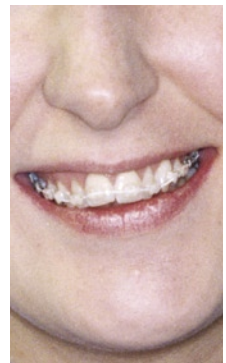
Before



After

## Will my braces be visible?

At River Practice, we are able to provide a wide range of cosmetic braces, some of which cannot be seen from the front of the mouth. The most common is a ceramic brace, with which clear brackets are glued with a special adhesive to the front of the teeth. When cared for properly, they are difficult to see.



Lingual braces are bonded to the inside of the teeth and are invisible from the front. They are the ultimate option, if appearance is your priority. They do take more time to get used to, as they will rub your tongue more than the other braces. They cost approximately £1500 more per jaw.



Aligners are removable clear plastic braces that can be used to treat relatively mild problems invisibly. They need to be worn for around 20 hours a day for maximum effect.

If speed of treatment is your priority, we offer the latest in low friction brackets. These are made of stainless steel, and so are more visible than some braces, but have been shown to reduce treatment time by around 20%. See [www.damonbraces.com](http://www.damonbraces.com)

## What if I also don't like the colour of my teeth?

Teeth that do not have visible fillings, or porcelain work, can usually be successfully whitened. The most predictable method of achieving this is to use a custom-made clear tray that contains a special whitening agent, and is worn at home for a few days, or a few weeks, depending on the result desired. Patients often request this as the finishing touch to their orthodontics!



Before



After

## How do I make an appointment?

We prefer you to be referred by your general dentist who will be able to give you an indication of whether you would be suitable for orthodontics. If you prefer, you may contact us directly and we will liaise with your general dentist, who will continue to look after the health of your mouth.

## What happens at my first appointment?

At this visit we will discuss your reasons for seeking orthodontic care, and what aspects of your dental appearance and function that you would like to change. This gives you an indication of your treatment options and likely total cost. If you decide to proceed further, we will arrange to take models of your teeth, necessary X-Ray films and photographs to allow us to plan your treatment fully. There is a separate charge for this.

## Private Treatment Options

**The Gold Service:** This is our service for adults, and for children who want the most flexibility for appointment times (including evening appointments) and the widest choice of braces (including invisible ones).

**The Silver Service:** This is ideal for children who want to avoid NHS waiting lists but are happy with daytime appointments and silver coloured braces.

**Affordability:** We offer a choice of payment options for treatment, often with the option of interest free monthly instalments.

**Convenience:** You will usually be offered a consultation appointment within 3 weeks of referral, and treatment can often start as soon as convenient for you afterwards.

**Accessibility:** NHS Treatment in the UK is restricted to children with relatively severe problems. Under private contract, you will be able to access high quality orthodontics, avoid waiting, and receive orthodontic treatment for cosmetic as well as dental-health related concerns.

**Efficiency:** We are able to see private patients at more frequent intervals, speeding-up total treatment time. We will also offer you low friction brackets that further reduce treatment time, and require fewer visits – these are ideal for children at boarding school, or others who travel long distances for their appointments.

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## River Practice Specialist Centre

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