



weston
orthodontic
centre

Orthodontic update

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Welcome to the first issue of our newsletter

We have produced this to help keep you informed of the many changes which are happening in orthodontics at the moment, and how they will affect you and your children. The newsletter also explains what we are doing to help our patients through this period of change.

We hope you find it interesting and enjoy reading it.



Children's orthodontics – an update

As many of you will be aware, the regulations and funding for NHS orthodontics have changed dramatically this year, which means fewer children are now eligible for NHS treatment, and those that are eligible have to join a growing waiting list.



As a result, we have set up a new service, 'Independent Orthodontics', for those who do not qualify for NHS treatment and do not need the full flexibility of the private service.

We have been delighted with the response to this new service – many patients have said that they really wanted their child to have a smile they felt confident about, but were concerned about the cost implications. These worries have been allayed by the interest-free credit scheme which we are now offering – please ask for more details.

Assessments

When your child is referred to us, our first task is to assess whether they are eligible for NHS treatment.

We are still trying to carry out these assessments as soon as possible so that you and your child know exactly where you stand. However, our contract limits the number of NHS funded assessments we are able to carry out, so there is now a waiting list for these.

If you would prefer not to wait for an assessment appointment, we can offer these on a private basis. We will advise you whether your child is eligible for NHS treatment, and discuss other treatment options. Please note that while this private assessment does have the advantage of letting you know much earlier exactly where you stand, it does not allow you to jump up the NHS treatment waiting list.

If you have any queries about our children's orthodontic services, please ask – we'll be happy to help.

Brace-friendly food!

When you wear braces, your diet becomes more limited. You can no longer indulge in chewy foods like toffees or chewing gum, or crunchy foods like apples, raw carrot, popcorn and crusty bread.

Fruit juices and fizzy drinks are also best avoided. This is because they can either damage your braces, or your teeth, leaving marks on your teeth which show when the braces come off.

Don't forget to clean your teeth and braces thoroughly at least twice a day. For more advice on caring for your teeth and braces, please ask, you will be given full instructions when braces are fitted.



Confident smiles for adults

Are you self-conscious about crooked or over-crowded teeth? Maybe you were never fortunate enough to have orthodontic treatment as a child, or perhaps you did but your teeth have since moved.



Having your teeth straightened as an adult can be a real confidence booster, and the great news is that these days there are many different options available, including removable, virtually invisible braces.

At Weston Orthodontic Centre, we are seeing a growing interest in adult orthodontics – in fact we have quite a few families where a parent and child are being treated at the same time!

Our treatment options include:

Tooth coloured and metal braces

Extremely effective, and often recommended for more challenging cases. Tiny blocks are fitted to the front of your teeth, with a wire running between them. Standard braces use metal blocks, but we also offer tooth-coloured blocks to make the braces less visible.

Invisalign®

A sophisticated system of removable and virtually invisible clear aligners which gently move and straighten your teeth. They are removed to eat and to clean your teeth.

They are particularly popular with the adults whose occupations put them in the public eye.

Lingual

These are custom-made braces which are fixed to the back of your teeth so they are invisible. They are well tolerated and very effective.

For more information on orthodontics for adults, or to book an initial consultation, please call us on 01934 626183.

Feedback

If there are any orthodontic subjects you would like to see covered in future issues, please do let us know and we'll do our best to include them. Similarly, if there are any other ways in which we can improve our service to you, please let us know. We are committed to offering all our patients the best level of service possible, and so would be delighted to hear from you.

