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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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General Information

Orthodontic Department

01784 884650

Consultants

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General Information

Your name has now been added to our Orthodontic waiting list. This information leaflet will inform you about how our department operates and about the treatment you will receive. Orthodontic treatment involves the movement of your teeth, which can have a profound effect on the way your teeth look and your facial appearance for the rest of your life.

About Orthodontic Treatment

There are different types of appliances used by your Orthodontist to treat your teeth. These may be removable or fixed appliances and both of these types may be used in your treatment.

Treatment Time

Regular adjustments will be required and visits are approximately once every 6 weeks. Active orthodontic treatment takes time and appliances may be worn for up to 2-3 years. After active treatment, patients usually wear removable retainers full-time for 4-6 months and night-time only thereafter. Orthodontic treatment requires considerable commitment from yourself and your family.

Appointments

Please attend punctually. If you are unable to attend your appointment, please contact the department before the appointment date so that a new one can be made. If there is no contact from you on two or more occasions then treatment may be terminated. Failure to keep regular appointments may severely delay the completion of your treatment and place the health of your teeth and gums at risk. All children under the age of 16 must be accompanied by an adult.

Appointments and School

The Orthodontic Department appointment system runs from 9am to 4.30pm. Appointments can **only** be offered between these times and once treatment commences, 6 weekly appointments will usually be required. Parents, pupils and teachers may object to you missing school time, but unfortunately, it is impossible to schedule appointments outside school hours. Appointments are planned well in advance so that provision can be made for absence. Limiting appointments to holiday periods only is not possible.

Orthodontics & Dental Care

It is **vital** that you continue to visit your own dentist for regular check-ups throughout your orthodontic treatment. Keeping your teeth and appliance clean is important to prevent damage to your teeth and gums. Patients with poor levels of oral hygiene

will not be accepted for treatment. The teeth, gums and appliance should be cleaned thoroughly to remove all food and plaque using a toothbrush twice a day. The daily use of an inter-dental brush and fluoride mouth rinse will be necessary for patients wearing fixed appliances.

Diet

Diet is an important aspect of appliance care. The amount of sugar you eat should be kept to a minimum. In particular sticky toffees, caramel and chewing gum should be avoided. Fizzy drinks are very damaging to the enamel and should be kept to a minimum.

Remember

The success of the treatment depends upon your co-operation and enthusiasm. Please consider the above points, as you have a very important role in determining the success of your treatment, as well as how long it takes. If you have difficulty or pain wearing your brace, an urgent appointment can be made for you by telephoning 01784 884650.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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