

Failed appointments represent loss of valuable clinical time and a missed opportunity for another patient to see and orthodontist. It is prohibited to levy any charge for failed appointments in accordance with NHS regulations introduced by the Government on 1st April 2006. However, the regulations allow for treatment to be terminated following 3 missed appointments. Please do not place yourself in such a position, as it will most certainly lead to disappointment, an incomplete result and being unable to be offered NHS care in our practices in future. Rebooking of failed appointments will be done at the next available appointment time, which may not be the most convenient time for you. You should be aware that we may not be able to offer a convenient appointment for you for some time.

Please remember that the majority of our patients are at school and prefer appointments after school. This is obviously impossible from a practical point of view. It would therefore be helpful if you could bring your school timetable with you to enable us to choose an appointment at a convenient time.

If you are happy with your treatment here, why not tell your friends about us? Or post a review on google.



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Our office hours are
Mon - Thurs 8:30am - 5:15pm
Fridays 8:30am - 4:15pm

Our surgery hours are
Mon - Thurs 8:00am - 5:15pm
Fridays 8:00am - 4:15pm



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Our quality is reflected
in your smile



Carriere motion appliance

- The Carriere has fixed and removable components. The lower bite plane and elastics should only be removed for eating, cleaning your teeth and for contact sports. They must be worn 24/7 to obtain the desired result.
- The Carriere works by changing the way your back teeth fit together. It is the constant pressure from your elastics that will ensure the desired movement.
- At first your brace may feel uncomfortable, your cheeks may feel sore and achy, but this is only temporary. If you wear your braces full time as instructed they will become more comfortable and easier to wear.

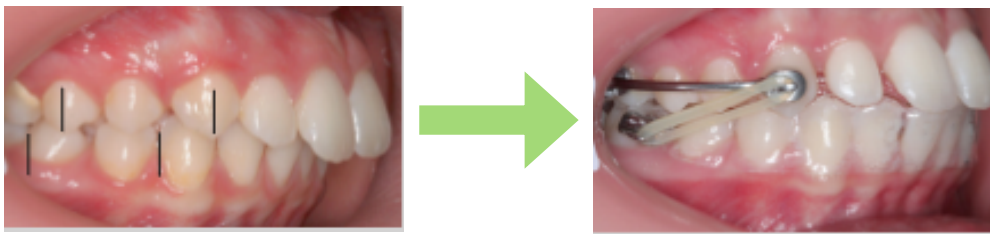
Today you will be fitted with your Carriere motion appliance.

What is a carriere?

The Carriere appliance is designed to correct the relationships between the back teeth, correct overbite, correct overjet and can help to resolve crowding. It can correct your bite in as little as 3-5 months.

What is an Overjet?

Your top teeth should normally be in front of your bottom teeth by 2-4mm. This is called your overjet.



How should the elastics be worn?

It is important that you never wear your elastics without first inserting your lower bite plane. Please remember that if you do not wear your elastics it is only yourself you are cheating. If the elastics are not being worn then the brace is doing absolutely nothing.

The elastics should only be removed when eating, cleaning teeth, playing contact sports, or playing certain musical instruments. It is advisable to purchase a box to put the lower bite plane in when it is out of your mouth to avoid damage/loss.

The elastics need to be changed to a fresh pair at least 3 times a day. We advise that you do this after breakfast, lunch and dinner. It is very important that you also sleep with the elastics in.

Eating with a carriere

It is important that you remove your elastics and lower bite plane for eating. You should refrain from eating any hard or sticky foods while you are undergoing treatment. Try to cut your food into smaller pieces and take smaller bites. If proper care is not taken, the appliance may become detached from your teeth.

Will it hurt?

At first your braces may feel uncomfortable, your cheeks may feel sore and achy, but this is only temporary. If you wear your braces full time as instructed they will become more comfortable and easier to wear.

How do I clean my brace?

It is very important to keep your carriere clean, do not just brush your teeth as normal you need to make sure you are going around and underneath the Carriere. The bite plane can be cleaned using your toothbrush, you may also use Retainer Brite to clean the bite plane. Remember: **DO NOT** use hot water when cleaning your brace. **DO NOT** use toothpaste on the bite plane as it will stain it.

We sell a Care Kit which includes a box of Retainer Brite, a toothbrush and a plastic box to hold your brace in.



What happens if it breaks?

If your appliance becomes detached from your tooth it is not an emergency, BUT, you should call us during normal business hours to schedule an appointment to have it reattached. It is important that you stop wearing your elastics if your appliance breaks.

Look after your braces!

Although your treatment is being paid for by the NHS, it is important for you to know that they will have to pay for a replacement in the event of you losing it. Your treatment is provided by the NHS, but if you lose or break your lower bite plane or carriere then the cost of replacement is charged to you. Details of current NHS charges are displayed in the waiting room and are available from reception.

If you have any problems with the brace, whether it becomes loose, does not seem to fit well, is lost or broken or if there is anything that you are unsure of, please do not hesitate to contact us.