

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 [www.nhs.uk/dentist](http://www.nhs.uk/dentist) Patients do not need to be referred by a dentist; they can just give us a call and refer themselves.



60-62 high street, harpenden  
hertfordshire, AL5 2SP  
smile@harpendenorthodontics.com  
Telephone 01582 465 200  
Fax 01582 465 202

Our office hours are  
Mon - Thurs 8:30am - 4:30pm  
Fridays 8:30am - 4:00pm

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



13 st peters road, st albans  
hertfordshire, AL1 3RU  
smile@stalbanorthodontics.com  
Telephone 01727 833 304  
Fax 01727 763 067

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## Damon System

- Damon system fixed braces are bonded to the teeth and are not removable.
- The wire running along the brace applies a gradual gentle force to push/pull the teeth and teeth roots into perfect alignment.
- The Damon system creates space for crowded teeth, reducing the need for extractions or surgery, providing continuing support for facial structure, which can decrease the signs of aging.
- Your teeth are not used to being moved and so at first it's normal to experience some discomfort. Throughout the initial week this will slowly disappear.

our quality is reflected in your smile

Today we will be starting the fixed brace phase of your treatment.

Let us tell you some of the names of the parts of the brace. Please try to use these to explain to us which part of your brace is involved, if you phone with a problem.



### Brackets

Brackets are the little steel 'blocks' which are cemented onto the outside surface of each individual tooth. These have little gates on them which slide over the archwire to hold it in place.

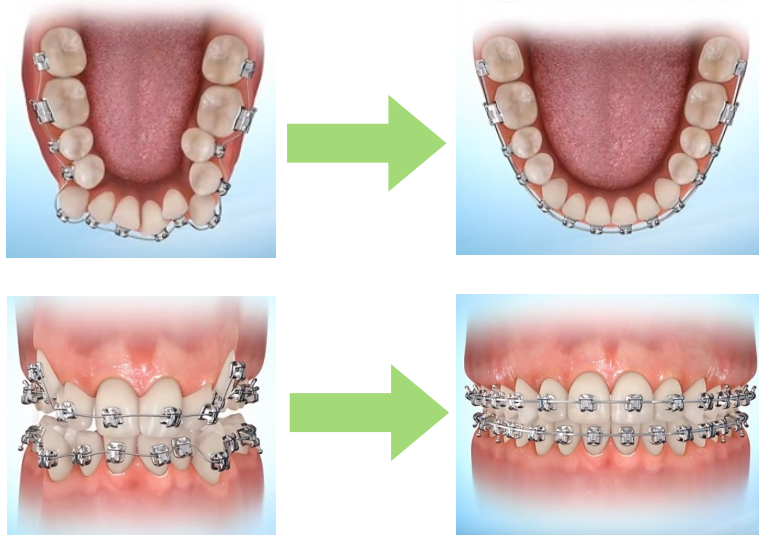


### Archwire

These are continuous lengths of wire which run through the individual brackets. The wires are responsible for tooth movement.

### How does it work?

The wire in your fixed brace is memory wire. As your teeth are not perfectly straight yet we will need to bend the wire slightly to allow it to fit your teeth. Over time the wire will move, gradually returning to its original, perfectly arched shape, gently moving your teeth into this perfectly aligned position too.



### Will it hurt?

Your teeth are not used to being moved and so at first it's normal to experience some discomfort. Throughout the initial week this will slowly disappear.

### Is there anything I should avoid eating?

You must avoid eating sticky foods, such as toffees, chewy sweets, and chewing gum etc. You also need to make sure all hard foods such as apples, pizza crusts, spare ribs etc are cut up into bite size pieces before you put them in your mouth or else breakages will occur, which will increase your treatment time.

### How do I keep it clean?

We sell a super starter care kit to enable you to keep your brace in pristine condition. The current cost is £18 (subject to change) and contains lots of useful items to help keep the braces and the teeth clean.



We strongly recommend that patients wearing fixed braces use fluoride toothpaste and mouthwash. This will help prevent decalcification, which in turn can lead to cavities.

The estimated treatment time discussed with you at the initial consultation was made with the assumption that appointments are kept and the braces looked after, with few or no breakages. The NHS will invest in excess of £1000 in your orthodontic treatment. We feel this is a major contribution and would appreciate it if patients could maintain and tolerate their appliances as well as possible and enter into the contract of treatment with a committed attitude.

Please telephone us as soon as possible if any part of your brace is broken or loose. This will enable us to make a repair appointment. Failure to do so may result in us not having enough time to do both repairs and the normal check-up, increasing the overall treatment time.