

## What happens if I am ready to start treatment?

The orthodontist will explain:

1. The options for treatment and which is the best for you.
2. The pros and cons of treatment.
3. The length of time the treatment will take.
4. The commitment needed on your part if treatment is to be successful.
5. When you can expect the treatment to begin.

At this point you will be given the chance to ask any questions. If you would like to go ahead with the treatment, the orthodontist may ask for written consent.

## When will treatment start?

This will depend on:

1. How many of your adult teeth have come through. Many treatments are best left until most of the baby teeth have been lost.
2. If you need to improve your toothbrushing or need any teeth filled due to decay.
3. The length of any waiting list for the particular orthodontic treatment you need.
4. The degree of urgency for your particular case. For example, certain types of bite are best treated while you are growing fast and would be given priority. Other types of treatment may need to be delayed until growth of the face has almost stopped.

Your orthodontist will explain the exact timing of the treatment for you.



## Who will carry out the treatment?

Treatment is carried out by the orthodontist or under the supervision of the orthodontist. Your dentist will usually carry out any extractions or any dental treatment that are necessary as part of the treatment.

If you have any further questions that you feel you would like to ask, then please write them down and bring them with you to your next appointment. It is important you fully understand what is involved in having orthodontic treatment before you decide to go ahead. For more information please consult the BOS website at [www.bos.org.uk](http://www.bos.org.uk)

## QUESTIONS:

This leaflet has been produced with guidance from the Plain English Campaign and British Dyslexia Association to make it easier for you to read

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Patient Information Leaflet

# YOUR FIRST VISIT TO THE ORTHODONTIST

**BOS**  
BRITISH ORTHODONTIC SOCIETY

Registered Charity No 1073464 [www.bos.org.uk](http://www.bos.org.uk)

Before you come to see the orthodontist you may have some questions you would like answered about this **first visit**.

### Why have I been referred to the orthodontist?

Your dentist would like specialist advice about the position of your teeth. The orthodontist will advise whether you would benefit from orthodontic treatment.

### What is orthodontic treatment?

Orthodontic treatment involves wearing braces (removable and/or fixed). It may involve the extraction of teeth and, very occasionally, jaw surgery.

### Why might I need orthodontic treatment?

There are 3 main reasons for having orthodontic treatment:

- To improve the appearance and alignment of teeth.
- To improve function i.e. to make it easier to eat.
- To improve the health of the teeth and gums.



**This picture shows the teeth of a patient before orthodontic treatment**



**This picture shows the teeth of a patient after orthodontic treatment**

### What will happen at my first appointment?

It is likely the orthodontist will have a look at your mouth and teeth using a small mouth mirror and a ruler. X-rays, photographs and moulds (impressions) or a digital scan of your teeth may also be taken. All of these measurements and records will help the orthodontist decide if you need treatment and if so which is the best treatment for you.



**X-ray of the teeth and jaws**



**Models made from moulds**

### What will happen next?

There are likely to be four possible outcomes, each of which will be explained to you in plain and simple language by the orthodontist. These include:

1. You are not yet ready for treatment, in which case you may need to see the orthodontist again when you are older.
2. Your dental health is not good enough. This may be due to poor toothbrushing or decayed teeth. Your dentist may send you to the orthodontist again when things have improved.
3. You do not need treatment because the position of your teeth is perfectly acceptable, or expected to be.
4. You are ready for treatment and need to decide whether to go ahead.