

Date on waiting list:

# Your Orthodontic Records Appointment

You have been added to the waiting list to have orthodontic treatment at St George's Hospital. This leaflet will explain the next steps of your braces journey.

## Appointment 1 – Records

At this appointment, we will collect all the baseline information needed to create your treatment plan. An orthodontic assessment will be carried out involving measurements and X-rays if necessary. We will take photographs of your teeth and jaws and finally, take moulds (impressions) of your teeth. All of this information will give us a thorough understanding of your bite and how to improve it. These records will be analysed before your next appointment. This step is vital in making sure you receive the correct treatment plan.

## Appointment 2 – Treatment Planning

At this appointment, the findings from the records appointment will be discussed. Using your goals for treatment and these findings, a treatment plan will be created and agreed with your supervising consultant. The benefits, risks and alternative treatment options will also be discussed and this is your opportunity to ask questions about braces treatment. Once you are happy, the consent form will be completed and you will be advised on when your braces can be fitted.

## How you can prepare for these appointments?

One of the most important aspects of successful brace treatment is excellent tooth brushing and oral hygiene. We recommend brushing your teeth at least twice daily with fluoride toothpaste. Spit out after brushing but do not rinse, to maintain high fluoride levels on your teeth. Reduce the amount and number of times you have sugary foods and drinks.

**If you have any questions, you can speak to your dentist.**

