



Welcome to our Orthodontic Clinic

Information for patients, parents and
families referred to our service

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk



Aim of the leaflet

This leaflet aims to provide you with general information about the orthodontic clinics at hospitals within United Lincolnshire Hospitals Trust.

General information for all patients visiting our department

You have been referred to the orthodontic clinic to see a member of the team who will discuss possible treatment and care that you may benefit from.

On arrival at the orthodontic clinic

Please go to the clinic reception. Please be prepared for the visit to last possibly 2 to 3 hours as radiographs (x-rays) and other investigations may be required. During your clinic visit you will have the opportunity to discuss your treatment options with us and we may arrange for photographs and impressions to be taken for your medical records.

We would like to inform patients that although they have been referred by their dentist for specialist advice, they are not necessarily going to be eligible to receive hospital orthodontic treatment as we work within criteria set by the Commissioning Body. We will however be able to offer advice and guidance.

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

Why have I been referred to the orthodontist?

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

Space for your questions:

- *Please note that your new patient appointment may be arranged at any of the ULHT sites according to availability.*
- *We operate a policy of accepting one person only to accompany a patient while having treatment. Any other accompanying adults or children will be kindly asked to stay in the waiting area. Some surgeries are limited in space and this policy has been made in order to ensure safety of your family members.*

If you are unable to attend an appointment or you need assistance:

Please contact:

Lincoln County Hospital - 01522 573495

**Louth Hospital/
Grantham & District Hospital - 01522 573200**

Pilgrim Hospital - 01205 446452

Please note the Orthodontic Department does not run an out of hours service.

When will treatment start?

This will depend on:

1. How many of your adult teeth have come through. Many treatments are best left until the adult teeth have replaced the first teeth.
2. If there are problems with tooth brushing or tooth decay which may have to be dealt with.
3. 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 appropriate timing of the treatment for you.

Who will carry out the treatment?

The orthodontist may carry out the treatment personally or else arrange for another member of the staff to treat you.

Sometimes a referral is made to a provider in primary care. On occasions your own dentist will be asked to treat you under the guidance of the orthodontist. Your own dentist will usually carry out any extractions that are necessary as part of the treatment.

You must still attend your own dentist regularly throughout your orthodontic treatment.

Further questions

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 appointment. It is important you fully understand what is involved in having orthodontic treatment before you decide to go ahead.

What is orthodontic treatment?

Treatment usually involves the wearing of orthodontic appliances (braces).

Why might I need orthodontic treatment?

There are 3 main reasons for having orthodontic treatment:

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



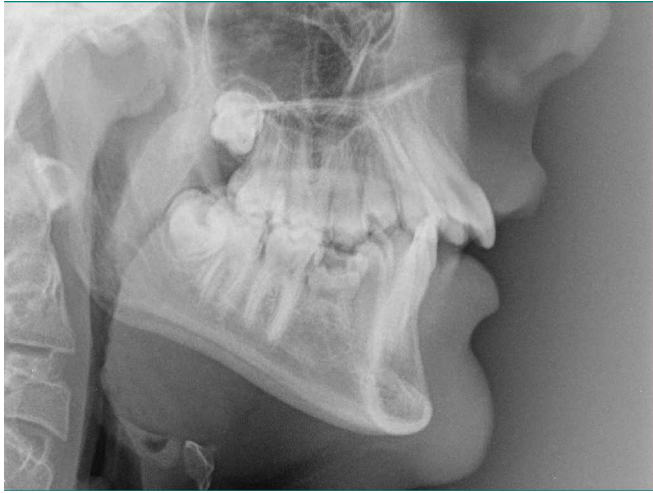
This picture shows the teeth of a patient before orthodontic treatment



This picture shows the teeth of a patient after orthodontic treatment

What will happen at my first visit?

The orthodontist will have a look at your mouth and teeth using a small mouth mirror and a ruler. X-rays, photographs and impressions (*moulds*) may also be taken. All of these measurements and records will help the clinician decide which is the best treatment for you.



X-rays of the jaws



Models made from impressions

What will happen next?

There is likely to be one of five possible outcomes, each of which will be explained to you in plain and simple language. These include:

1. You are not yet ready for treatment, in which case you may be seen when you are older.
2. Your dental health is not good enough for orthodontic treatment. This may be due to poor tooth brushing or decayed teeth. The orthodontist will report this to your dentist. Treatment may be required at your dentist's before the orthodontist can re-assess your mouth.
3. You do not need treatment because the position of your teeth is acceptable i.e. a very mild problem.
4. Whilst your teeth and bite may not be perfect, the severity may be below the threshold acceptable for NHS treatment.
5. You are ready for treatment and need to decide whether to go ahead.

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 benefits and risks of treatment.
3. The commitment needed on your part if treatment is to be successful.
4. When you can expect the treatment to begin.
5. The estimated length of time the treatment will take.

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.