

Specialist Dental Orthodontic Service

A very warm welcome to the Orthodontic Service at E14 & Wapping Dental Centre

Orthodontics overview

Orthodontics is described as “the treatment of irregularities in the teeth and jaws”.

This can be as little as aligning a couple of protruding teeth to jaw realignment and everything in between.

The goal of orthodontic treatment is to achieve harmony and balance between the teeth and face, in other words, a beautiful smile. Our teeth serve many functions. A smile that is well aligned is also healthy. Straight teeth are easy to keep clean, free of harmful plaque that causes decay and gum disease. Well aligned teeth and jaws provide optimal function. Tooth wear is greatly reduced, and the jaw joints are allowed to function with less stress and greater comfort.

For most people, a spectacular smile is the most obvious benefit of orthodontics. Nobody can deny that straight teeth are visually appealing. When teeth and bite aren't straight, health, function and aesthetics are compromised. After your braces come off, you'll definitely feel more self-confident!

Before and After Invisalign Invisible Orthodontic Treatment



Why should I have orthodontic treatment?

To correct crooked or crowded teeth, missing or extra teeth, incorrect bites or protruding teeth (which can be prone to damage).

- Removal of dental crowding or closing spaces
- Alignment of the upper and lower dental arches
- Correction of the bite of the teeth so that the front teeth meet on closing and the back teeth mesh together
- Reducing the risk of damage to prominent teeth
- Enhancing facial aesthetics
- Accommodating impacted, unerupted or displaced teeth
- Preparation for advanced dental treatment, such as crowns, bridges or dental implants

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These are some of the most common reasons our patients seek treatment:

- Protruding upper front teeth (Overjet) - one of the most common dental problems
- Crowding – a narrow jaw may mean there is not enough room for your teeth, resulting in crowding. Conversely, some patients have significant gaps between their teeth.
- Asymmetry – particularly when the centre lines of the upper and lower front teeth do not match, perhaps because the teeth have drifted or the position of the jaw has shifted.
- A deep bite (Overbite) – when your upper teeth cover the lower teeth too much
- A reverse bite (Lower Jaw Protrusion) – when your upper teeth bite inside the lower teeth
- An open bite – when your front teeth remain apart when your back teeth meet; the tongue is often still visible between the upper and lower front teeth.
- Impacted teeth - in some patients, secondary teeth come through in the wrong position or do not erupt at all. Orthodontic treatment can help bring these teeth into the correct position.
- Gaps, missing or extra teeth

Benefits of Orthodontics at Wapping Dental Centre

Dr Shirley Cox provides a full range of orthodontic teeth straightening dental treatments for both adults and children. We treat our own private patients, and accept referrals from dentists who focus on other aspects of dentistry.

The following is an overview of the considerations that you might want to take into account when thinking about Orthodontic teeth straightening.

Deciding on a course of treatment will usually involve the following;

Cost Considerations

We offer dental finance to help spread your payments. Please ask for more information

Personal Considerations

How many visits are required

Events you may have coming up, weddings for example,

Retainers will be needed to be worn after treatment is finished.

There are alternatives...

Taking the above considerations into account, our patients need never feel limited in their choice of treatment, our advice will always suit your priorities.

In addition, there are both alternative and complementary treatments that may achieve desired results.

For instance, Dental Implant technology works well with Orthodontics. For missing teeth, orthodontics works beautifully to widen and provide gaps of the correct size with which to fill with implants for the perfect smile. It can create the perfect blend of form and function

You can imagine the difference for people who have put up with gaps and/or missing teeth for all their life!

For further information please speak to a member of our friendly team or visit:

www.wappingdentalcentre.com & www.metro-orthodontics.co.uk

For independent advice and information visit  www.bos.org.uk

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Orthodontic Treatments at Wapping Dental Centre

Invisalign Invisible Braces – A smile can change everything

Your confidence. Your outlook. Your life. And with **Invisalign and Teen Invisalign**,



achieving the smile you always dreamed of doesn't have to be a big deal. In fact, it barely has to impact your day-to-day life at all.

Invisalign straightens teeth using a series of nearly invisible, removable aligners

that are custom-made specifically for your teeth. As you replace each aligner every two weeks, your teeth will move – little by little, week by week, gradually moving towards the projected final position. Comfortable, clear and removable – Invisalign transforms your smile without disrupting your life. Something that over 3 million people worldwide have already discovered

Radiance Plus Clear Braces – Confident smiles for your lifestyle

A treatment option that will straighten your teeth quickly and effectively, provide a beautiful



appearance during treatment, and address your specific orthodontic needs.

Radiance Plus is a clear orthodontic solution that allows you to confidently live your life while your teeth are being

straightened. These exceptionally clear braces are appropriate for nearly every type of orthodontic need, and work continuously throughout treatment. Whether you're at work or at play, Radiance Plus delivers your ideal smile with no interruption to your treatment or lifestyle.

Master Series TM teen braces – Ok, so you're getting braces...!



You'll be proud to smile both during and after your treatment! That's because **Master Series** helps your orthodontist straighten your teeth quickly and in the best way possible.

The wide range of color

choices for the little bands holding your wire in place means you can even have a little fun and show off.

Why Choose Dr Shirley Cox?

Treatment by a Specialist

Any dentist can practice orthodontics but only those who have successfully completed 3 years of specialist training are allowed to call themselves a specialist orthodontist. Shirley is trained to specialist level and is registered with the General Dental Council as a specialist orthodontist. She has also completed additional training to consultant level and now works as an Orthodontic Consultant at the new Royal London Hospital site.

At Wapping Dental Centre, Shirley is able to offer the very latest treatments available, enabling her to treat adult and child patients who have simple, moderate and complex needs and to improve both the appearance and the function of their teeth.

You will see Dr Cox on every step of your Orthodontic journey.

Remember all Specialist Orthodontists are Dentists but only 3% of Dentists are Specialist Orthodontists.

Choice and High Quality treatment

A lot of different braces have been tried before settling on a range that offers our patients the best results and aesthetics. These include clear fixed braces, hidden lingual braces and Invisalign removable aligners. During your free consultation, we'll discuss all of the options available to you, and in some cases, we can even mix and match your braces to suit your needs. Shirley uses the latest techniques and equipment making sure every patient receives the best treatment possible.

Friendly and Caring Service

You will be looked after by friendly and caring staff who will ensure that each of your visits is a pleasant one.

Convenient Location

Located conveniently in Wapping under 1 mile from the city of London and 2 miles from Canary Wharf, near Shadwell DLR/Wapping tube stations. Parking is available at local NCP.

Honest Pricing

The price you will be quoted will include all appliances and visits from the start of treatment to when your braces are removed. The price quoted will not change if your treatment takes longer or shorter than planned, or if reasonable breakages occur. The only exception is that if you neglect your brace and lose Incognito brackets (attachments) or Invisalign aligners, these will be charged separately as we incur additional costs.

After care

Aftercare is very important and is provided as standard to patients. We provide one year of follow-up care (after your braces have been removed to ensure your teeth stay straight for future years.

Your Orthodontic Journey

The 1st Visit - Initial Consultation

You should allow 20 minutes for this visit.

Please don't worry or become concerned as your first visit/consultation/assessment will only consist of an examination of your mouth (teeth and jaws) and your face. This together with information about your medical history and dental history will be followed by a discussion between yourself and Dr Cox. At your initial consultation we will discuss with you what you would like to achieve and try and answer as many of your questions as possible. These will include the reasons for having treatment, the type of braces required that we can offer and associated costs and if any dental extractions or other work is required before treatment can start. Photographs and pre-fabricated models of the recommended braces will be shown to you.

We will confirm the treatment options and costs (with the option of payments spread over the course of treatment for your comfort and convenience) to you.

If after your initial consultation you wish to proceed to the next stage, you will need to have an OPG x-ray which takes less than a minute at a convenient location for you. Specialist Orthodontists cannot confirm and start treatment without the x-ray to ascertain tooth and jaw growth.

The 2nd visit - Your Records Appointment

At your records appointment, we will take some further measurements, clinical photographs of your face and teeth, some impressions (detailed record of your teeth and bite) and review your X-rays

At this visit we plan the treatment, obtain your written consent and arrange the Third Visit – Fitting the Braces. This also gives you an opportunity to ask any final questions you may have before treatment begins.

Your consultation is **not** with a Nurse, Therapist or Treatment Coordinator, they will not have the training, experience or qualifications to provide guidance as to whether and which Orthodontic Treatment is appropriate for you. Your initial Consultation is with Dr Cox a Specialist Orthodontist who is experienced, trained and qualified. It is important that at your first Consultation you are examined by a Specialist Orthodontist. The General Dental Council only allows those who have completed a recognised post-graduate orthodontic training course (3 years after qualifying as a dentist) to use this title as evidence of their higher qualification.

Please note, if you are under eighteen, you will need to be accompanied by a parent or guardian for your initial consultation and any subsequent review appointments that may be necessary before treatment is commenced.

Before a brace is fitted, we may ask you to see your Dentist/Hygienist for professional cleaning of your teeth and gums.

Note.

We are able to fit your braces at the Records appointment if you wish to start your treatment as soon as possible and you should allow 1 hour for this.

The 3rd and 4th Visits – Fitting the Braces

For Invisalign patients you will be shown how to fit your aligners and be given your first series of aligners as well as having any necessary attachments fitted on your 3rd visit.

For patients having fixed braces we will place the brackets onto your teeth with some tooth coloured glue. We will tie the wires onto the brackets with colourless elastic rings. After the braces have been fitted, we will need to see you every six to eight weeks to adjust them. This normally takes about 30 minutes per arch.

A fixed retainer can now be fitted or we will fit your removable retainers soon after.

Note. We are able to fit both your braces on the 3rd visit if you wish and you should allow 1 hour for this.

Subsequent visits

Invisalign patients will attend for appointments for a review and any necessary further attachments and/or slenderising as well as to collect their next series of aligners.

After the braces have been fitted, we will need to see you every six to eight weeks to have them tightened (or “adjusted”). These visits are about 20 minutes long.

On these visits, we may just replace the elastics or we may replace the wires as well. You will be able to change your colours if you want.

At each adjustment visit, we will let you know how your treatment is progressing and try to give you some idea of when the braces can be taken off, although this can be difficult to estimate in the early stages. After each visit, your teeth may feel a little tender again!

Removing your braces (de-bonding)

This normally takes about 30 minutes.

When your teeth are straight and you are happy with them, we will arrange for the braces to be taken off. The braces are easily taken off, the teeth polished (and whitened if requested) and impressions of your mouth are then taken.

A fixed retainer can now be fitted or we will fit your retainers soon after.

Invisalign patients final review appointment is to discuss if they are happy with the result or if any refinement is necessary before retention.

From Dental Implants to Botox and Dermal Fillers, Porcelain Veneers to Teeth Whitening, Orthodontics to Smile Makeovers, our experienced and friendly team are here to help.

Orthodontic Fee Schedule

Prices subject to change

Orthodontic Assessment £50

Adult Orthodontics

Radiance Tooth coloured fixed Braces 2 Arches – From £3495*

Radiance Tooth coloured fixed Braces 1 Arch – From £1950*

INVISALIGN FULL Clear Aligners From £2950*

*Includes FREE Removable Retainers

Children Orthodontics

Radiance fixed braces (tooth coloured) From £3495*

Master Fixed Braces (metal) From £3200*

INVISALIGN TEEN Clear Aligners From £2950*

Functional (Growth) Brace From £925 – £1500

Removable Brace 1 Arch – From £850 – £1200

General Orthodontics

Bonded Retainer £250 per arch or £190 per arch after Orthodontic treatment

Lost/ Damaged Retainer Replacement £120 for Removal Retainers
£75 each Invisalign Invisible Retainer

Teeth Whitening **Special Promotion £250**
(Market leader **Professional Tooth Whitening** usually £350)

Sports Mouth Guards SISU (professionally fitted) **Special Promotion £75 for Orthodontic patients**

Investing in your new smile is an important decision and we offer a subsidised consultation with our Specialist Orthodontic practitioner, Dr Shirley Cox, with no obligation to embark on treatment.

Unfortunately, we are unable to refund your consultation fee if you are either unsuitable for treatment or you do not wish to proceed with your recommended course of orthodontic treatment.

Our Fees Include:

Comprehensive cost of all Orthodontic treatment including appliances, adjustments and professional care.

All reference models and clinical photographs during treatment. Instruction in appliance care, oral hygiene and dietary advice. The repair of broken or damaged appliances.

Technical Laboratory costs and shipping/courier charges.

Removable retainers at the end of your treatment.

All correspondence and telephone calls and Supervision of Retainers for 12 months

Our Fees do not include:

Any necessary work carried out by another dental practitioner. An OPG x-ray will usually be necessary, from £50 payable to provider.

Hygiene visits at £60 each, you should expect 2 during the course of treatment. Optional fixed retainers, £190 per arch.

The replacement of lost or damaged removable appliances e.g. Invisalign aligners £75, removable brace £120.

Transfer reports £90, Duplicate records £90.

Written Orthodontic reports from £50

Pay less than £2 per day for your orthodontic treatment with our Dental Finance Option**

We offer several Payment options to help spread your treatment costs from as little as £1.40 per day-

Pay up front for your whole treatment and receive 3% discount off your bill

Pay as you go. Pay the amount required at each stage of your treatment as specified in your personalised patient consent (usually over 10 months).

Dental Finance – we offer 0% APR interest free credit for up to 10 months with a minimum spend of £1000 or 9.9% APR up to 60 months with a minimum spend of £1000

***Subject to status. Terms & Conditions apply.*

For further information, please speak to a member of staff.