



### **Your First Visit to Royal Bournemouth Hospital Orthodontics Department**

This leaflet has been written for patients attending the Orthodontic Department for the first time.

#### **Why have I been sent an appointment?**

This is usually because your dentist has noticed a problem with your teeth and/or jaw.

Problems can include:

- **Crooked or overcrowded** teeth
- **Sticking out** teeth
- A problem with your **bite**
- **Teeth stuck** in the gum.
- **Missing** teeth
- **Extra** teeth

#### **How do I get to the department?**

When you enter the hospital grounds, follow the signs for **West Wing – Ground Floor**.

Site maps are available on the UHD website: [www.uhd.nhs.uk](http://www.uhd.nhs.uk)

#### **Where can I park?**

Although there is a pay-and-display car park at Royal Bournemouth Hospital, **parking can be very difficult**. The closest parking area is **Car Park C**.

**Please note** Bournemouth Hospital is cashless site and all payments are made via card payment, including parking.



## **Information for Patients**

We therefore **suggest** that you try to **use public transport** to get here if possible.

Further information on parking, including charges, is available on our website above.

### **What will happen at my first appointment?**

- You will be asked to complete a medical history form when you arrive.
- A member of the team will then look at your teeth (like having a check-up at the dentist)
- You will probably be asked to have an X-ray.
- You will then see the orthodontist again to discuss the problems with your teeth and the options to solve them.

**This will take some time, so please allow approximately two hours for your appointment.**

### **Will I automatically be offered a brace?**

There is a national scoring system to identify the people who will benefit most from braces.

If your teeth are not bad enough to be treated at the hospital, then you may choose to leave them as they are, or we will explain to you where else you might receive treatment.

### **Do I have to wear a brace if offered one?**



## **Information for Patients**

No, we do not force you to wear a brace; the **final choice is yours**. You should think about whether you are willing to wear a brace before you come to see us.

Braces are a **big commitment**, so we will give you some time to decide whether you can make that commitment after you have talked to the orthodontist.

### **When will my treatment start?**

Do not expect a brace to be fitted straight away. If we can provide you with a brace, this will take a few months to organise.

### **What types of braces are there?**

Different braces do different jobs so, unfortunately, you cannot choose the one you want.

Sometimes more than one type of brace will be necessary.

Your orthodontist will advise you which brace will be needed to fix your teeth or jaws.

### **Fixed Braces**

We mainly use fixed braces (train tracks) which are small metal squares (brackets) glued to the teeth and connected by a wire.

**We do not offer cosmetic or tooth-coloured fixed braces.**

### **Removable And Functional Braces**



## Information for Patients

These plastic braces can be taken out for cleaning but must be worn at all other times to work properly.

### **Headgear Brace**

Occasionally we ask you to wear a headgear brace. This brace has a head strap that you connect to the fixed or removable brace in the evenings and at night.

### **Will I need to have my teeth removed?**

Sometimes teeth need to be removed to make room to line up your teeth or to encourage teeth which are stuck in the gum to come through.

Normally the teeth will be removed by your dentist, with a local anaesthetic, just before the braces are fitted.

### **How long does brace treatment take?**

- Usually, braces are on for **18 months to two years**.
- You will have to come every **six to eight weeks** to have the braces adjusted.
- After the fixed braces are removed, you will need to wear a **retainer brace** on a **long-term** basis.

### **How much will it cost?**

Your braces will be **free**.

However, if you break your brace frequently, or lose your removable brace, you may be **charged for a replacement**.

### **Are there any risks?**



## Information for Patients

**The risks are fully** explained before you agree to have your brace fitted. But some of the risks associated with braces are:

- Your teeth can be damaged if you do not clean around the brace properly.
- If your diet is poor and contains a high level of sugar.

Because of this, we will not offer brace treatment to patients with the above concerns.

- If you lose interest in cleaning your teeth during your treatment, then we may remove your brace early for the above reasons.

### **What are my responsibilities?**

#### **Cleaning**

As mentioned above, you will have to make sure that the teeth and the brace are cleaned well (after every meal).

#### **Watching what you eat**

You will have to cut down on sugary drinks and snacks. Examples of foods that you will have to give up are hard, sticky chew food such as toffees and chewing gum.

#### **Wearing your brace**

It is essential to wear the brace as instructed for the treatment to be effective. If you are asked to wear a headgear brace, or elastics with your fixed brace, then you **must** wear them for the correct number of hours.

### **Are the results permanent?**

Teeth do tend to move slightly throughout life, so eventually they may become slightly crooked again. To minimise this, we



## Information for Patients

ask you to wear retainers at nighttime long-term. **If you stop wearing them, the teeth are likely to move.**

### **Will I still have to visit my dentist?**

**Yes**, you will still have to see your dentist for routine check-ups throughout treatment.

### **Attending appointments**

You must let us know as early as possible if you cannot attend your appointment. This way we can give your slot to someone else.

If you frequently miss or change appointments, your treatment will take longer or may not be completed.

### **What happens if I miss my appointment?**

- You will **not be sent another appointment**, and we will write to your dentist to tell them that you did not attend.
- You should **contact your dentist** to ask for another referral to be sent.

Please let us know if you cannot attend your appointment. Another patient may be able to use your slot and we may be able to reschedule your appointment.

### **Where can I find out more information?**

More information is available on our website:  
[www.dchft.nhs.uk](http://www.dchft.nhs.uk)



## Information for Patients

And you can ask the orthodontist any questions you still have.

### **Contact Numbers:**

We hope you have found this information useful but if you have any questions or are worried about anything, please call the orthodontics team who will be happy to help:

**Orthodontic Department: 0300 019 4694**

### **About this leaflet:**

Author:	Pamela Ellis, Consultant Orthodontist
Written:	March 2024
Approved:	December 2024
Review Date:	January 2025
Edition:	v2

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)

© 2025 Dorset County Hospital