



# LARS CHRISTENSEN ORTHODONTICS Summer 2018 Newsletter - Issue 2

## Introducing our new Specialist Orthodontist

We are delighted to introduce Gurprit Bhamrah as our new team member. Gurprit is a registered Specialist Orthodontist.



She qualified from Manchester University in 2006 and then completed a Master's in Orthodontics from King's College London, and in 2013 was awarded Membership of the Royal College of Surgeons in Orthodontics. Gurprit then went on to complete Consultant training at King's College Hospital attaining Fellowship of the Royal College of Surgeons in Orthodontics

Gurprit is committed to providing high quality treatment for both children and adults utilising the full range of orthodontic systems including conventional metal or tooth-coloured ceramic braces, lingual appliances and aligners systems. In her previous hospital jobs Gurprit has been responsible for patients undergoing combined orthodontic and surgical treatment with her colleagues on the team.

She is a member of the British Orthodontic Society and has presented at British, European and American Orthodontic Conferences. Outside of work she enjoys travelling, going to the theatre and reading novels.

## Closed Clinics – 'Lars Away'

When trying to schedule appointments with Lars, you may have been advised that your preferred date is not available as it is a 'Closed Clinic' as Lars is away.

Sadly, Lars is not topping up his tan but as a well respected member of the orthodontic community he is often invited to lecture both locally and world wide – already this year he has been to Las Vegas, Singapore, Los Angeles and to Washington to attend the American Association of Orthodontists of which he is a member, likewise the Edward H Angle Society (one of few in the UK to be honoured in this way) and the World Federation of Orthodontists of which he is a Fellow. He is currently leading the way with his approach to the Digital Workflow in Orthodontics and is often called upon to share his experience amongst his colleagues. His attendance at international meetings is key to his extensive knowledge base on new advances in orthodontic treatment and digital technology and ensures the practice continues to lead the way in this field.

## Mouthguards

The summer is upon us and you are no doubt getting your flip flops out ready for your summer holidays or maybe you're getting organised as a member of the family is starting a new school in September?

Don't forget that schools require mouthguards to be worn for Sports activities. If you'd like us to provide one, please mention it when booking your summer appointment – mouthguards can take up to two weeks to fabricate so please allow plenty of time to avoid disappointment. The cost of a custom made mouthguard is £60 for patients in treatment or £75 for siblings/new patients.



We're delighted to announce that Jeet, our Dental Nurse who leads our dedicated team of nurses, has just qualified for her Certificate in Orthodontic Dental Nursing.



Well done Jeet – all your hard work has paid off! Many congratulations from all the team.

## School Holiday Bookings

As many of you are aware, the practice is always super busy during school holidays – so please schedule your appointments in good time so as to avoid disappointment.

## Bon Voyage to Carleigh & Juliette

As you may know, both Juliette and Carleigh have moved on to pastures new. With 13 years of loyal service between them, they have both been a great asset to the practice. They were popular members of the team and will be missed by both patients and staff alike. To show their appreciation, Lars and Anna hosted a Cruise and Dine evening, courtesy of Oxford River Cruises, for all the staff recently which was thoroughly enjoyed by us all.



## GDPR

No doubt you have experienced a flurry of emails in your inbox as companies scramble for your consent to keep you on their mailing lists etc in light of the new General Data Protection Regulations that came into force on 25 May. We just wanted to reassure you that we never use your details for marketing and only share them with your consent in the interests of your treatment with us, ie for onward referral to colleagues for specialist opinions or to digital laboratories for the fabrication of your braces.

## Medical History & Contact Details

Please keep us posted on any changes in your medical history or contact details so that the records we have on file for you are as accurate as possible.

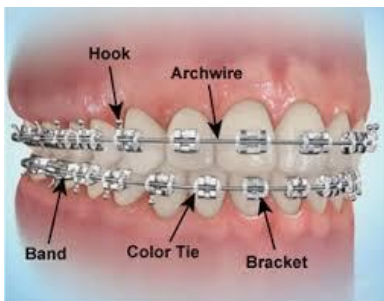
## Orthodontic Guide

### "The thingy came off my whatsit"

When you have a problem with your brace, we appreciate it can be difficult relaying the actual issue when calling in to schedule an emergency visit, especially if it is a third party calling on the patient's behalf, so we've put together this little guide that we hope you may find helpful.

### Fixed Braces ("Train Tracks")

These are fixed braces fitted to the outside of your teeth using 'brackets' that are temporarily glued to your teeth so that an 'archwire' can be attached. The archwire is using gentle forces to align your teeth to their desired position. The archwire is held in place by a 'coloured tie/elastic module'.



You may also have 'hooks' attached so that small elastic bands can also be fitted and you may have 'molar bands' on the back teeth.

**Top Tip!** – The initial archwires are heat-activated, so if it proves a little uncomfortable after your adjustment visit – treat yourself to an ice cold glass of water – this will help the wire 'relax' and ease your discomfort!

## Lingual Braces (Incognito)

These braces are fitted to the inside of your teeth. The principles are the same, ie using 'brackets' fitted to the teeth along with 'archwires', they're just a bit fancier. If you lose a bracket from a lingual appliance we will need to order a new one.



## Retainers

Once your fixed braces are removed you will be given retainers to wear to hold the teeth in their beautifully aligned position.

It may be a Hawley type retainer, clear retainer, fixed bonded retainer (a small thin wire fixed to the back of your upper/lower teeth or both) or a combination of any of the above. Wearing retainers is as important as the active phase of your treatment so please wear as instructed to keep that beautiful smile!



## Aligners

Whilst these look the same as 'clear retainers', 'Aligners' are actively aligning your teeth. You may have heard of Invisalign;



You wear a series of aligners changing every week to gently align the teeth or we may provide our own in-house aligners for minor alignment or refinement at the end of treatment.

Now you'll sound like a pro!

Copies of our Newsletters can be found under the **News** section on our website;

[www.larschristensenorthodontics.com](http://www.larschristensenorthodontics.com)

