



LARS CHRISTENSEN ORTHODONTICS

Autumn 2018 Newsletter

Dental Hygienist – Di Stevens



Di worked as a Dental Nurse for seven years before qualifying as a Dental Hygienist in 1990 at RAF Halton.

Since then Di has worked mainly in North Oxford where she has developed an excellent reputation amongst her patients for offering friendly, high quality service that is comfortable, thorough and efficient. Her priority is to provide evidence based oral care in a thorough but gentle manner to achieve maximum results.

For our orthodontic patients we always recommend a Hygienist appointment prior to the fitting of braces and excellent oral hygiene should be maintained throughout treatment.

Not an orthodontic patient? No problem, all patients are welcome and due to popular demand, extra sessions have now been opened so why not book an appointment today?

Fees - £70 Adult - £60 Child (U16)

Hygienist Hours

Mondays

11.30 am – 18.30 pm

Thursdays

9.00 am – 13.00 pm

Fridays

14.00 pm – 17.00 pm

One Saturday per month

Xmas Opening Hours Orthodontic Clinics

17 – 21 December – Normal hours
22 December – 9 am – 2.30 pm

23 – 26 December – Closed

27 December – Normal hours
28 December – Normal hours

29 December - Closed
30 December – Closed
31 December – TBC

1 January – Closed
2 January – Normal hours

Postal Service – Contact Details

For a small charge (£4) we are happy to forward mouthguards, retainers etc by post but please do check that we have the correct address on file! Maybe check with Reception today that we have your most up-to-date contact details to avoid parcels/correspondence going astray.

Text Reminder Service

From the positive feedback we receive, the majority of you appreciate the text reminder service that we offer but please be advised that this text number is **not monitored**. Once our text is received, please just reply **YES** to confirm the appointment. Any other message will not be received. This is particularly important should you wish to cancel/reschedule your appointment. Thank you

Extra Sessions – Gurprit Bhamrah

Hopefully many of you will now have met Gurprit, our new Specialist Orthodontist. We are delighted to announce that we will be offering more after-school clinic availability to try and accommodate the demand for those popular late afternoon appointment slots.

We will also be welcoming another new member of staff, Georgie to add to our dedicated nursing team – welcome aboard Georgie!

We hope you find this Newsletter useful/informative – if there's something you'd like to see in a future edition – just let us know.

Retainer Making Process

For the inquisitive amongst you, you may find the information overleaf interesting as it outlines the process involved in making orthodontic retainers – for those of you who are less interested, here's a funny picture of a pumpkin wearing braces instead....

Happy Halloween!



Retainer Making Process

Love them, or loathe them, retainers are an important part of your orthodontic treatment and should be your new best friend once your braces are removed. Your Orthodontist will discuss the best option for you as you near the end of your treatment and you may have a fixed retainer (a small thin wire attached to the tongue side of your upper or lower front teeth) along with removable retainers. The majority of our removable retainers can be made here on site, providing a swift and efficient service when they are required. The process for fabricating retainers is as follows;

Step 1 – Digital Scan

Good news! You no longer have to endure those dreadful alginate impressions as here at Lars Christensen Orthodontics, we have invested in the latest intra-oral digital scanner. A small wand like handpiece scans the inside of your mouth to produce a digital image. It is pain free and takes around 10 minutes.



Step 2 – 3D Printing & Modification

If there are any modifications to be made, perhaps a tooth needs to be 'encouraged' to move in a certain direction, the model can be modified by the clinician before printing.

A 3D model is then designed on the computer and this can then be sent as an .STL file to one of our 3D printers. The printing and curing procedure takes 2 – 3 hours.



3D Printer

The beauty of resin models is that they are more durable than plaster models so don't shatter if dropped or during retainer fabrication. We can also reproduce duplicates as and when required from the .stl file. The scanned file can also be shared with laboratories to fabricate precision removable braces, expanders and custom mouthguards. The file is sent securely using a dedicated software portal.

Step 3 – Pressure Forming

Next, our nursing team take a disc which is heated and using pressure forming equipment the retainer disc is moulded over the model. Using a hot-knife, any excess material is then accurately trimmed and the edges smoothed.

Step 4 - Quality Control

Finally, the retainer is returned to the Orthodontist to check the finished product and it is then sterilized and is ready for collection/posting.

Caring for your Retainer

As you can see, your retainers have been made with love and care involving several members of the team and using specialist equipment, so do please look after them!

Once supplied, you will be given instructions on how to remove your retainers and how best to clean them and whilst we guarantee them against breakages for one year, please note that lost retainers will be charged at the current rate of £77 each.

You can purchase sonic retainer cleaners from Reception (£10) which along with the Retainer Brite tablets (£5.50), will keep your retainers in good shape. However, like tyres on a car, they will eventually become worn and will require replacing although with good care most patients get at least 18 months out of their retainers.

(We are happy to provide retainers for new patients at a cost of £110 for one or £180 for two – this fee includes the initial digital scan).

Finally, please keep the retainers in the box provided when not in use – due to saliva present, dogs are particularly partial. You have been warned!



You can find a copy of this Newsletter, along with previous versions under the **News** section of our website;



www.larschristensenorthodontics.com