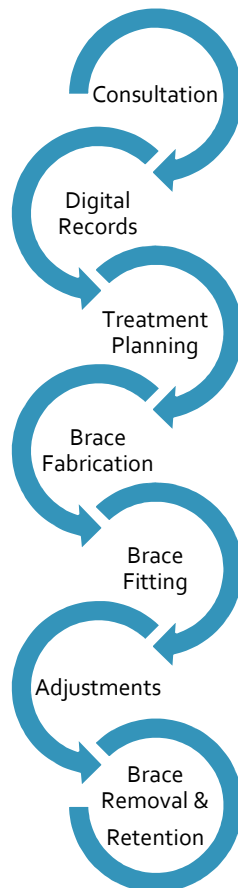


### Orthodontic Patient Journey

"I'm interested in braces ... but what's involved?"

It all starts with a **Consultation** with our Specialist Orthodontist, Lars Christensen. He will offer his expert opinion on the most suitable course of treatment, along with an estimate of timing and cost. For a full written Treatment Plan, further investigations are required at a **Digital Records** appointment. Pre-treatment records are a necessity for a proper diagnosis and treatment plan as well as for medico-legal reasons. At this appointment, x rays, photos and a digital intra-oral scan of your mouth will be recorded to produce models of your teeth, manufactured by our 3D printers (no yucky impressions needed here!). Lars gathers all this information to prepare a bespoke **Treatment Plan**. This outlines Lars' treatment recommendations and associated costs. The fee quoted is a fixed fee and includes braces, adjustments and first set of removable retainers. It also covers any reasonable extra visits to us should your brace require attention in between routine adjustments.

Once we have your approval to proceed, then it's full steam ahead and an appointment to have your **braces fitted** can be arranged. Certain types of braces are **fabricated** by specialist dental technicians/laboratories, so there may be a delay of 2-4 weeks before your braces can be fitted. Occasionally the digital records may highlight restorative work that is required prior to fitting your braces, i.e. fillings. This will all be done in close association with your dentist and if required, Lars can refer you to one of his network of colleagues for a specialist opinion. After your treatment has started, you will see Lars and his colleague, Anna Dent, Orthodontic Therapist, for 4 – 6 weekly **adjustment** visits. The length of treatment varies depending upon which type of brace has been chosen and once the **braces are removed**, retainers should be worn to ensure you maintain that beautiful smile.



If you have a special event coming up, perhaps a wedding or landmark birthday and want to look your best, don't delay – book your Consultation today so that your journey can begin.



**Adult Consultation** - £150  
**Child Consultation** - £110  
**Orthodontic Records** - £210

### Christmas Opening Hours Orthodontic Clinic

20 December – 9.00 – 13.30  
21 December – 9.00 – 15.00  
23 December – 9.00 – 17.30

24, 25 & 26 December - CLOSED

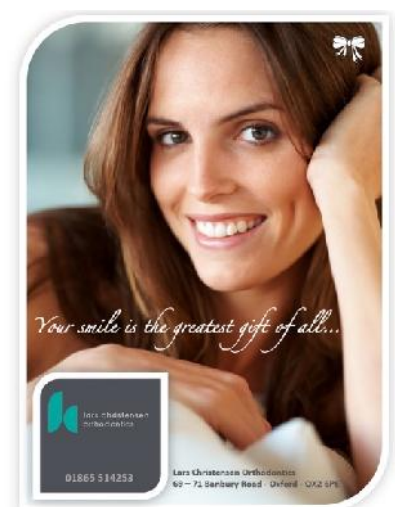
27 December – 9.00 – 17.30  
28 December – CLOSED  
30 December – 9.00 – 17.30

31 December – CLOSED  
1 January - CLOSED

### Celebration of Christmas

Macmillan Charity Concert  
Christ Church Cathedral – Oxford  
6 December 2019

Proudly supported by:  
Lars Christensen Orthodontics



For further details – please contact;  
[www.chch.ox.ac.uk/events](http://www.chch.ox.ac.uk/events)

## Diane Stevens – Dental Hygienist

### Di's Tips....

Whilst not wishing to be a party pooper, Di thought the following sugar content table may be of interest, especially at this celebratory time of year. Cheers!



### How much sugar???

Table shows the amount of sugar in teaspoons, in popular drinks;

Coca Cola – 7
Sprite – 7
Fanta Orange - 8
Pint of Guinness or stout - 5
Pint of premium lager - 3.5
568ml bottle of Magners pear cider - 8.5
Pint of Strongbow dry cider - 3.5
175ml glass of mulled wine - 11
175ml glass of medium sweet wine - 2.5
Vodka and Red Bull - 7
Gin and tonic - 5.5
Vodka and Coca Cola - 6.5
Sambuca shot - 4
Amaretto shot - 4
50ml glass of Baileys - 2.5
50ml glass of Port - 3
50ml glass of sweet sherry - 2
Smirnoff Ice - 7.5
Barcardi Breezer - 5.25
Prosecco – 1



**Neglecting our teeth and oral hygiene can have irreversible consequences, so let's all make an extra effort over the festive break.**

Di would like to wish all her patients a wonderful Christmas break and looks forward to seeing you all in the New Year to gently remove any of the Christmas excess!

Bookings can now be made up to 6 months ahead, so why not schedule your next visit today. Alina and Iva on Reception will be happy to assist you.

Adult	- £70.00
Child (U16)	- £60.00

## DIY Orthodontics – Word of Caution!

You've no doubt seen the marketing campaigns for orthodontic treatment offering superquick results. Certainly lately there has been quite an aggressive online campaign through social media and also TV advertising to promote orthodontic aligners promising results in as fast as 6 months.

Professional Orthodontic bodies such as the **British Orthodontic Society (BOS)** and **Oral Health Foundation** have announced their plans for a national campaign to warn patients about the risks of direct to consumer orthodontics – also known as **DIY Orthodontics** – at the British Orthodontic Conference 2019.

### Jonathan Sandler, BOS President, said:

**"In my professional opinion, if you embark on any orthodontic treatment without a suitably trained clinician taking the time to examine you and make appropriate recommendations, you could be in danger of having serious conditions missed, as well as inappropriate and dangerous treatment carried out.**

He continued: **For me, one of the issues with 'DIY Orthodontics' is that it offers just one narrow solution when there may be a more appropriate one for the patient. The value of informed choice cannot be over-estimated."**

### Dr Nigel Carter OBE, Chief Executive of the Oral Health Foundation said:

**"As the demand for adult orthodontics increases, so do the options for patients. We are seeing a growth in online companies offering orthodontic treatments at significantly reduced prices. For many patients, it will feel like a sensible consumer-savvy choice. But this may not be the case"**.

**"My clinical view is that Orthodontics should always involve face-to-face contact with a trained clinical professional. This is to ensure patient safety and the most effective treatment.**

**"When carried out correctly, orthodontic treatment can give patients the straight and confident smile they have always dreamed about. We want to make sure that patients are given the very best advice about the safest and most effective way to have orthodontic treatment. This new campaign will make sure patients have a trusted space where they can see the**

**most independent and impartial information available."**

**The American Association of Orthodontics** long-held position mirrors that of the BOS and the Oral Health Foundation. They state that orthodontic treatment is a complex medical process and that it is in the best, and safest, interest of the public to have that treatment conducted under the direct and ongoing supervision of a licensed orthodontist.

*Season's Greetings  
to all our patients  
From Lars, Anna and  
all the team ....*

Staff will be enjoying their Xmas lunch on 20 December – please note the practice will be closed from 1.30 pm



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

