



lars christensen
orthodontics

Summer Newsletter

JUNE 2021

Retainers: Fixed vs Removable — How to Decide

**“Your first set
of removable
retainers are
included
Free!”**

Here at Lars Christensen Orthodontics we always give our patients removable retainers and, thanks to our 3D technology and well qualified staff, we are usually able to turn these around in 24 hours.

In some orthodontic practices retainers are supplied a whole week after the braces come off which can make the retainers quite uncomfortable to wear at first - not a great introduction to the retention phase of your treatment! We aim to have the retainers made the same day the braces come off or the next day, depending on the time of your appointment. This makes the retainers much more comfortable as the teeth have had no time to move in the interim.

We will recommend a specific retainer wear programme for you. Mostly we ask that the removable retainers are worn at night, every night for the first year and at least every other night for the next year and at least 2 or 3 nights a week on an ongoing basis to keep the teeth as straight as they are the day the braces come off. You can expect to see minor changes in your tooth position – this is what we call settling as the bite and your teeth adjust to each other.



Removable retainer

The advantage of the removable retainer is that there is nothing stuck on your teeth in the day and so you have your teeth to yourself for cleaning and eating. They are also great at giving you feedback if a particular tooth wants to move as anyone who has inadvertently left them out for a period can testify!

Your first set of removable retainers are included in your treatment fee.



Fixed retainer

Fixed retainers are an option and great for people who find it hard to remember to wear their removable retainers. They do however only hold the front six teeth and so are not enough for people who have had a lot of movement of their back teeth during the course of treatment e.g. when people have had extractions of back

teeth. They get in the way of regular flossing but can be flossed using a special type called Superfloss. This is more complicated but can be mastered by those keen!

Fixed retainers on the top teeth require significant maintenance in a lot of cases where the lower teeth are biting against them routinely (most people). Fixed retainers on the lower teeth require less maintenance as there is only the tongue resting against it. However they can also come unstuck and need re-gluing on occasion. If the glue becomes unattached but this is not always obvious to the patient, unwanted tooth movements can occur. Therefore, we always give removable retainers in addition to fixed retainers and would like these worn minimum once a week and this will give early notice if any tooth is on the move.

A lot of orthodontists recommend lifelong fixed retainers however our teeth were never meant to be stuck together forever and our philosophy here at Lars Christensen Orthodontics is that they be removed after the age of 21 in children or after 4 or 5 years in adults.

Continued overleaf....



**01865
514253**

Afterwards you continue with a removable retainer a couple of times a week on an ongoing basis for as long as you want your teeth to stay as straight. If your teeth were very hard to align we may recommend you have fixed retainers on for longer.

We use 3D scanning to order custom made upper fixed retainers from Germany which we find are the most low profile fixed retainers on the market and less likely to break.

Our charge for each custom made fixed retainer is £280.

So, fixed or removable retainers?

As you can see from above no easy answers!

We are very happy to guide you in your choice as every patient is different.



The British Orthodontic Society welcomes the Statement from the GDC on DIY Orthodontics

Today (13 May): The **British Orthodontic Society** (BOS) wholeheartedly welcomes the **General Dental Council** (GDC) statement and accompanying guidance for both patients and professionals regarding direct-to-consumer orthodontic treatment (ie **DIY Orthodontics**).

BOS members have long warned of concerns about direct-to-consumer orthodontics. The most recent members' survey from last month (April 2021) showed that 82% of members were concerned about more patients seeking DIY orthodontics during the pandemic, and 98.92% wanted to see the GDC take action.

In their statement today (13 May 2021) the GDC backs the long-held stance of BOS and has reiterated that:

"In line with current authoritative clinical guidance, and orthodontic training, clinical judgements about the suitability of a proposed course of orthodontic treatment

must be based on a full assessment of the patient's oral health. At present, there is no effective substitute for a physical, clinical examination as the foundation for that assessment."

The statement went on to remind direct-to-consumer providers, dentists and others that:

"The GDC is aware of an increasing number of organisations offering services remotely, including 'direct-to-consumer' orthodontics using clear aligners. These services fall within the legal definition of dentistry so can only be performed by dentists and dental care professionals who are registered with the GDC. All dental professionals must adhere to the GDC's Standards for the Dental Team. Anybody practising dentistry while not registered with the GDC could be subject to prosecution for illegal practice."

See the General Dental Council website for more details.



Mouthguard & Retainer Reminder!

Just a gentle reminder to remember to order custom mouthguards over the summer all ready for the new term in September! If you already have a routine appointment scheduled, great, just give us a quick call prior to your appointment to give us the heads up so that we can allow extra time to keep things running smoothly for everyone.

This is a popular service so do please allow plenty of time (10 to 14 days) for our laboratory to turn these around during peak times.

Likewise replacement retainers, another popular item over the summer, do let us know if replacements are required.

Mouthguard Fees;

Custom Mouthguard;	£65.00 (Patients in treatment) £75.00 (New Patients/siblings)
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SAFEJAWZ® Mouthguard:	£35.00 (Fitted) £20.00 (Supply only)
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Replacement retainers:	Please call Jenny & Catherine on Reception for further details. Please note payment is required when placing your order
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Reception:

01865 514253

COVID-19 – Don't be another statistic!



“Almost one quarter of UK no longer brush teeth twice a day!

This is according to new figures released by Oral-B, which assessed the impact of coronavirus on the oral health habits of the public. The research found that 20% have taken treatment into their own hands, including filling fittings, using stain removal products and pain-numbing creams.

But it also revealed that almost one quarter of people are no longer brushing their teeth twice a day. Worryingly, 11% admit there are days where they do not brush their teeth at all.

Build up of problems

An additional 18% said they are suffering from bad breath or ‘furry-feeling teeth’. At the end of March, (2020) dental practices were asked to close their doors following the spread of COVID – only reopening again at the beginning of June. (2020)

Consequently, millions of dental appointments were delayed. The study shows as a result of the first national lockdown, 51% of people said they have missed a dental appointment.

This has led to a plaque build up (16%), gum problems (10%) and, for some, even tooth loss (7%).

Growing lack of hygiene

The nation's general personal hygiene has also taken a dive. For example, 26% of people admit they no longer take a daily shower – with one fifth no longer getting dressed, instead preferring to stay in their pyjamas. One third of Brits report their growing lack of hygiene is because they are working from home. But 40% admit that they have just become lazier.

The research – which looked at a survey of more than 2,000 participants – also revealed nearly one fifth report still feeling apprehensive when it comes to visiting the dentist.”

Source: [dentistry.co.uk](https://www.dentistry.co.uk)