



lars christensen
orthodontics

Winter Newsletter

NOVEMBER 2021

“Can we recycle aligner trays?”



**Unfortunately not,
for a few reasons;**

“Firstly, as we wear aligners in the mouth we classify them as medical waste. This is not permitted in the recycling bin.

Invisalign states: ‘Invisalign aligners and Vivera retainers are classified as class IIa medical device. They have CE marking in accordance with the Medical Device Directive 93/42/EEC.’

The second reason is the composition of aligners. Invisalign defines its product as made of: ‘Medical-grade, high molecular weight, thermoplastic polymers, in either a single layer or multilayer configuration. The thermoplastic polymers are made of a proprietary mixture of co-polyester and polyurethane (TPU).’

The multi-layered polymer is a mix of different plastics. This allows both rigidity and elasticity to permit tooth movement.

Each type of plastic however requires a different recycling method. So we can’t sort them into one of the recycling methods”.

Source: [Dentistry.co.uk](https://www.dentistry.co.uk) 29.7.21

(excerpt from: *The Straight and Narrow* with Emma Laing)



Appointments:

01865 514253



Baby News!!

We're delighted to be able to share in the joyful news that Jeet, our Lead Dental Nurse, safely delivered a bouncing baby boy, Aiden, over the summer. I'm sure you'd like to join us in sending our congratulations to Jeet and her husband, Naresh at this special time.



Check out the BOS website for their latest tips and advice. There's a great video "How to look after your teeth and brace" - worth a look!

<https://www.bos.org.uk/>

Reception News

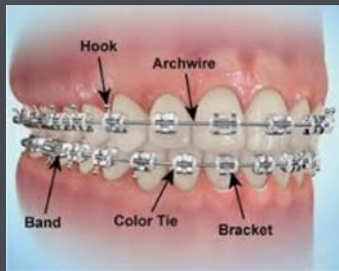
We've dug out this popular feature from our Newsletter Archives, given it a dust down, made a few tweaks and hope you find it useful.



“The thingy came off my whatsit — again ”

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



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'.

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!

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.

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. 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.

The practice continues to invest in 3D printing technology and advancements with materials, so have the ability to produce in-house aligners and replacement retainers onsite to a high standard.

Now you'll sound like a pro!



Reception News

So now that you know all the lingo, we've put together this handy little guide for when those unexpected mishaps happen with your brace:

...if an archwire breaks

Call the practice to arrange an appointment for the next working day
 Broken archwires, headgear, ligatures or hooks *can* cause the teeth to move in the wrong direction if left too long

...if a band or bracket works loose

Call the practice to arrange an appointment within the next few working days
 If attached to the wire, cover with wax
 If it comes off fully, keep it safe and bring it with you to the appointment

...if a wire shifts position and starts to dig in

Call the practice and we will schedule a comfort appointment
 Dry the area with a tissue and place wax to prevent irritation
 Try tucking the wire in with the handle of a teaspoon

...if headgear or another removable appliance becomes bent

Call the practice to make an appointment
 Do not continue to wear the appliance unless advised

...if you lose or break a retainer

Call us to let us know as soon as you can
 We may be able to print a new retainer for you to collect
 Otherwise, you may need to come in for a new scan



Don't hesitate to call Catherine or Jenny for further advice.
01865 514253

ARCHWIRE BREAKS	BRACKET/BAND WORKS LOOSE	WIRE DIGGING IN	HEADGEAR OR APPLIANCE BENT	LOST OR BROKEN RETAINER
Urgent	Quite urgent - use wax	Uncomfortable - use wax	Do Not wear appliance until advised	Let us know ASAP
Aim to see next working day	Aim to see within 2 - 3 days	Book comfort appt ASAP	Call the practice for advice	We can make a new retainer or book a scan appt

Christmas & New Year Opening Hours



10 December - **CLOSED** from 1.30 pm*
20 December to 23 December - 9.00 am to 5.30 pm
24 December - **CLOSED**
27 December & 28 December - **CLOSED**
29 December - 9.00 am to 5.30 pm
30 December - **CLOSED**
31 December to 3 January - **CLOSED**

*Staff will be enjoying their Xmas Lunch on 10 December, so please note that there will be no Orthodontic or Hygienist clinics running that afternoon.

Should you have an emergency out of hours, please call and leave a message on our answerphone which will be picked up daily.

Normal opening hours resume from: 4 January 2022



Lars Christensen Orthodontics is proud to be supporting the Macmillan Carol Service at Christchurch Cathedral in Oxford on 10 December at 8.00 pm as it celebrates its 25th Anniversary this year.

You can find out more about this wonderful event [HERE](#)



And, finally.....



You know how much we love your beautiful smiles, but if we could just ask you to continue to wear masks when visiting the practice, it would be appreciated.

Staff are now having their COVID Booster and flu jabs and we continue to follow guidelines recommended by our governing bodies, so we're doing our very best to keep everyone safe and appreciate your continued support.

Thank you!

