Orthodontics is a specialised branch of dentistry concerned with the development and management of irregularities and abnormalities of the teeth, jaws and face. Dental malocclusion (irregularity in the teeth) can arise from causes such as missing or extra teeth and general causes such as disproportionate growth of one or both jaws. Orthodontic management includes the early identification and treatment of irregularities when they arise, so as to reduce the need for later, more complex treatment.

The Orthodontic Team

The Orthodontic department consists of many highly qualified clinicians nursing, secretarial and clerical staff to care for all orthodontic patient needs.

You will be treated under the care of one of the Orthodontic Consultants within the department:

Mr J.M. Scholey (lead clinician)
Miss L. Mangnall
Miss K. Juggins
Miss S. Kotecha
Mr J.D Muir
Mr J. Shah

The University Hospital of North Staffordshire is a highly prestigious teaching hospital, and we have an award winning orthodontic department delivering high quality clinical care and training. We currently have Senior Orthodontic Registrars working within the department attached to Birmingham Dental Hospital as well as Manchester Dental Hospital. We occasionally have medical or dental students present in clinics, we will ask you if you mind them observing your consultation.

We also have two General Dental Practitioners in clinical attachment posts. They have a particular interest in orthodontics and are experienced members of our orthodontic team.

The team of experienced orthodontic nurses within the department continue to support the clinicians and care for all patients, if you have any questions or concerns about your treatment please do not hesitate to ask.

Orthodontic Enquiries
Tel 674653

Clinic Opening Times
Monday to Friday
9.00am to 1.00pm
2.00pm to 4.00pm

Clinic Supervisors
Joanne Ross
Jean Crank
Tel 674803
Why should I have Orthodontic treatment?

Many people have crowded or crooked teeth. Orthodontic treatment will straighten the teeth or move them into a better position. This can not only improve their appearance but also the way the teeth bite together, while also making them easier to clean.

In some patients the upper front teeth can stick out and look unsightly. These ‘prominent’ teeth are more likely to be damaged, but orthodontic treatment can move them back into line. In others, the way the upper and lower jaws meet can cause teeth to look unsightly and lead to an incorrect bite. Orthodontic treatment may be able to correct both.
Orthodontic Appliances

What do they do?
Orthodontic appliances are used to move the teeth and jaws into a new position.

Types of Orthodontic Appliances
There are many different types of orthodontic appliances available, but some are not suitable for everyone. Every patient is different therefore no two treatment plans are the same. As a guide these are some of the appliances used within the orthodontic department.

- Fixed Appliances—sometimes known as “train tracks”
- Functional Appliances—these help develop the growth of the jaws—usually Twinblocks
- Removable Appliances—sometimes known as click in braces
- Retainers—these removable braces hold your teeth straight at the end of treatment
- Headgear—a head cap attached to the brace at night to aid tooth movement
- TADS—“temporary anchorage devices” - small titanium pins / screws used to help move teeth

What do they look like?
We are all different and everybody has different needs. Your appliance is hand made by a technician to fit your individual requirements. Some appliances are removable, some are quite bulky, some are fixed on to your teeth and some are only worn at night. Most people need a combination of all these different appliances.

Does it hurt?
You will be informed at each stage of treatment what to expect. Generally there may be some mild aching at the beginning of each stage of treatment which can be eased with simple painkillers that you would take for a headache. It normally lasts from a few hours to a day or so. Everybody is different and teeth react in different ways.

How to keep the appliances clean?
Removable appliances can be scrubbed with soapy water and soaked in a special cleaning solution. Teeth and appliances need to be cleaned in the morning and at night as well as after eating.

Fixed appliances are kept clean with routine toothbrushing, especially after eating, (electric and sonic brushes may be used). Additional interdental brushing is required in the morning and at night.

It is possible to cause permanent damage to teeth when wearing appliances if you do not brush enough or your diet is high in sugar and acid.

Orthodontic Appliance Breakages
In the event that your appliance has broken, we advise that you ring the Orthodontic Reception desk as soon possible. Frequent breakages can slow down your treatment and may cause unwanted tooth movement. Patients attending for appointments to repair an appliance will be fitted into the next available slot. These are at set times during the day. Please expect to wait as patients with allocated appointments will be given priority. In the event that you have lost or neglected to care for an appliance a charge can be made by the orthodontic department at the discretion of the consultant. If your brace is repeatedly broken (more than 3 times) or you cancel at short notice (on the same day) or fail to attend 3 appointments your treatment will be stopped and the braces will be removed at the next appointment regardless of the stage in treatment.
The Consultation - your first visit

You will be seen at your first consultation appointment by one of our Consultant Orthodontists. A comprehensive orthodontic assessment and report will be done. There may be the need to take x-rays of your teeth. The Consultant will discuss the results of the assessment with you. Treatment is only offered to patients who have complex problems and high treatment needs, and who often require multidisciplinary management. All consultations are reported back to the referring dentist. We regret we cannot offer treatment for milder problems but we may be able to offer advice regarding care elsewhere. Please note tooth coloured braces are not available for NHS orthodontic treatment.

Appointments

Orthodontic treatment can take up to 2 and 4 years to complete depending on the complexity of the problem. During this time you will need to attend regularly for appointments (about every 6–8 weeks). A longer time in between appointments is not ideal as there may be unwanted tooth movement and treatment time overall will generally take much longer. Your clinician will advise you at each visit how often they will need to see you.

Patients are seen in appointment time order. There may be more than one clinician / room operating, very often five rooms at any one time. As you will appreciate each patient requires individual attention. We do try to keep an overall schedule despite the necessity of seeing additional emergency cases. Please allow extra time for your attendance in case of delays. We will tell you the reason of the delay on clinic and how long you may be waiting.

Please note all children under the age of sixteen must be accompanied by an adult with parental responsibility.

Whilst the department will always attempt to fit in appointments with your personal commitments, this may not always be possible and if you accept orthodontic treatment in the department you should expect some disruption to school/work which will be unavoidable. However it does help our booking system if you can let us know about any holidays/exams in advance.

Clinics are monitored to identify patients who fail to attend or cancel at short notice (less than 24 hours). Where this is found to be the case, these patients will be required to attend for a treatment plan review with their consultant to assess their commitment to treatment, and to discuss whether treatment should continue.

It is also important to note that we cannot always accommodate requests for appointments before or after school hours, or during school holidays. This is due to the fact that most of our patients are of school age and these slots are very popular. The need to attend appointments during school time is explained before any orthodontic treatment commences. If a school pupil requires a letter from the department to allow him / her to attend, please ask your clinician as we are always happy to provide one for you.

On Arrival

When you arrive you will need to use the check in screens to book in for your appointment. These screens are similar to those used in many GP surgeries. It will not let you check in any earlier than one hour before your appointment.

Delays sometimes occur even though we try to keep these to a minimum, but on occasion this is beyond our control however we will keep you informed if this happens.

When Leaving the Clinic

At the end of your consultation you will be handed a clinic outcome form. Please ensure that you hand this in to the receptionist before you leave the clinic, as it will contain specific information about your future care.
Meet the Team.....

Mr J. M. Scholey (Clinical Lead)
I qualified as a dentist in Birmingham in 1992. I started specialist training and a Masters degree in orthodontics in Liverpool in 1998. After qualifying as a specialist I continued with further specialist training in complex multidisciplinary cases, receiving a Fellowship in Orthodontics in 2003. I was appointed as consultant orthodontist at UHNS and took over as lead clinician in 2004. I’m an examiner for the Royal college Of Surgeons of Edinburgh and teach orthodontists all over the UK. My special interest is innovative use of temporary anchorage devices for treatment of open bite. I have lectured on clinical orthodontics in Europe, the Middle East, United States and Australia.

Mr J. D. Muir
I was appointed as a Consultant Orthodontist in 1971. I treat a wide range of complex multidisciplinary cases and have a specialist interest in Functional Appliance treatment and in Orthognathic (jaw deformity) work. I'm a previous chair of the national Consultant Orthodontic Group and of the Royal College of Surgeons orthodontic examinations board and previous president of The British Orthodontic Society.

Miss K. J. Juggins
I completed my orthodontic training at The John Radcliffe Hospital, Oxford and The Eastman Dental Institute, London. I was appointed Consultant Orthodontist at University Hospital in 2007. I treat a wide range of complex malocclusions including cleft lip & palate, orthognathic (jaw deformity), and hypodontia (missing teeth). I am involved in the orthodontic teaching programmes for the University of Birmingham and the University of Manchester. I'm also an examiner for the Royal College of Surgeons of England and the Chairman of the Staffordshire Orthodontic Managed Clinical Network. My particular interests include orthognathic surgery and the psychological aspects of jaw deformity.

Mr J. Shah
I was appointed as a locum consultant in April 2011 and took up a permanent post in September 2011. I have a special interest in using TADs (mini-screws) in Orthodontic treatment and enjoy treating patients with cleft lip & palate and patients with special needs. I am keen to see advances in orthodontic treatment benefit my patients and am an active member of the research forum at UHNS. I am also examiner for the Royal College of Surgeons of Edinburgh and undergraduate exams for Keele University Medical School.

Miss L. Mangnall
I started my orthodontic training in 2007, completing my specialist training in 2010 and my Consultant training in 2012. I was subsequently appointed as a Consultant Orthodontist at UHNS. I treat a wide range of complex and multidisciplinary cases including orthognathic (jaw deformity), hypodontia and cleft lip and palate. My special interests include the use of temporary anchorage devices and pain in orthodontics. I am also involved in the orthodontic teaching programme for the University of Birmingham.

Miss S. Kotecha
I completed my orthodontic consultant training in January 2014. I was subsequently appointed as locum consultant at UHNS. I enjoy treating multidisciplinary cases and have a special interest in quality of life research. I am an examiner for the Royal College of Surgeons England and Edinburgh and also teach on the orthodontic programme at the Birmingham Dental Hospital. I am currently undertaking my Postgraduate Certificate in Medical Education.
The Orthodontic Education Team

The orthodontic education team consists of experienced nursing staff who have further training in oral health education. They will instruct you on the most effective way to look after your orthodontic oral health. The products that are recommended are available to purchase within the department.

We sell toothbrushes, interdental brushes, travel toothbrushes, disclosing tablets, mouthguards and mouthwash.

We also stock handy storage boxes for your orthodontic appliances.

Multi-Disciplinary Clinics

It may be necessary on occasions to seek the advice of other fellow medical or dental professionals to finalise a treatment plan. This could include seeking the opinion of an Oral & Maxillofacial Consultant or the Restorative Consultant, if there are lots of missing teeth or problems with deformity of the jaw. These additional consultations are usually carried out when more detailed records have been taken and analysed. You will then require a ‘joint clinic’ where both groups of consultants can discuss the problems and potential solutions together with you.

Meet the Nursing Team & Reception Staff....
The Orthodontic Education Clinic

Following your consultation in the orthodontic department and before you are accepted for treatment you will be allocated an appointment with a member of the Orthodontic Education Team. Our Aim is to......

- Instruct you on how to clean your teeth effectively
- To demonstrate how to care for your brace
- To discuss the risks associated with treatment and how we can reduce these risks
- To show you the sort of braces you will be expected to wear

Appointments to this clinic will range from one to three visits at the discretion of the educators in order to achieve adequate tooth-brushing skills. If you do not achieve a consistent level of care and commitment you will not be able to proceed with orthodontic treatment.

At your first visit an oral health assessment, including a plaque score (with the aid of a disclosing solution), will be undertaken to establish your suitability and motivation towards orthodontic treatment. As treatment often takes two years or more to complete we need to ensure that you have a consistently good standard of oral hygiene to avoid you developing dental caries, gum disease or unsightly permanent staining on your teeth (dental demineralisation).

disclosed teeth for plaque assessment

elements of dental caries

elements of dental demineralisation
**Easy Tips To a Healthy Mouth**

Keeping your teeth clean will reduce the risk of gum disease and decay caused by plaque.

- **Brush at least twice a day with a fluoride toothpaste.** You will need to brush more often if you are wearing an orthodontic appliance. Fluoride helps teeth to use minerals in saliva to help repair the damage caused by plaque acid attacks.

- **Clean each tooth individually, front and back, including the chewing surfaces, working around the mouth.** Don't miss the area near the gum line, as plaque can collect there.

- **Floss, or use interdental brushes to clean between the teeth.** Don't forget to clean under and around orthodontic appliances as food debris and plaque can collect there.

- **Change your toothbrush at least every three months.**

- **See your dentist regularly as the pictures show excellent care leads to excellent results.**
**Diet & Oral Health**

“Every time you eat or drink anything sugary, your teeth are under acid attack for up to one hour. This is because the sugar will react with the bacteria in plaque (the sticky coating on your teeth) and produce the harmful acids. So it is important to keep sugary foods only to mealtimes, limiting the amount of time your mouth is at risk. The main point to remember is that it is not the amount of sugar you eat or drink, but how often you do it. Sweet foods are allowed, but it is important to keep them to mealtimes. Sugary foods can also contribute to a range of health problems including heart disease and being overweight.

Diluted sugar-free squashes are the safest alternative to water and milk. If you make squash or cordial, be sure that the drink is highly diluted.

Fizzy drinks can increase the risk of dental problems. The sugar can cause decay and the acid in both normal and diet drinks can dissolve the enamel on the teeth. The risk is higher when you have these drinks between meals. This can make the teeth sensitive and unsightly.

It is better for your teeth and general health if you eat 3 meals a day instead of having 7 to 10 snack attacks. If you do need to snack between meals, choose foods that do not contain sugar. Fruit does contain acids, which can erode your teeth. However, this is only damaging to your teeth if you eat an unusually large amount”. - British Dental Health Foundation

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**Smoking & Oral Health**

“Most people are now aware that smoking is bad for our health. It can cause many different medical problems and, in some cases, fatal diseases. However, many people don’t realise the damage that smoking does to their mouth, gums and teeth.

Smoking can lead to tooth staining, gum disease, tooth loss and in more severe cases mouth cancer.

One of the effects of smoking is staining on the teeth due to the nicotine and tar content. It can make the teeth yellow in a very short time, and heavy smokers often complain that their teeth are almost brown after years of smoking.

Smoking can also lead to gum disease. Patients who smoke are more likely to produce bacterial plaque, which leads to gum disease. The gums are affected because smoking causes a lack of oxygen in the bloodstream, so the infected gums fail to heal. Smoking causes people to have more dental plaque and for gum disease to progress more rapidly than in non-smokers. Gum disease still remains the most common cause of tooth loss in adults.

Most people know that smoking can cause lung and throat cancer, but many people are still unaware that it is one of the main causes of mouth cancer too. Every year thousands of people die from mouth cancer brought on by smoking”. - British Dental Health Foundation
Oral Hygiene Products
Available To Purchase From
The Orthodontic Department

3.5 Toothbrushes
Interdental Toothbrushes
TePe Brushes
Orthodontic Travel Toothbrush
Disclosing Tablets
Retainer Appliance Boxes
Functional Appliance Boxes
Retainer Brite
Dental Tape
SuperFloss
Relief Wax
Sports Mouthguard
Fluoride Mouthwash
Oral B Replacement Heads
Smile Awards

The Orthodontic team have won national awards for clinical excellence and audit and are asked to teach all over the world. The team, which for one award included specialists in Maxillo-Facial surgery and highly skilled laboratory technicians have won several smile awards for cases treated to exceptional standards. This is a prestigious achievement that rewards the excellent work carried out by the orthodontic department and the team are all proud that the high standard of treatment has been recognized nationally by The British Orthodontic Society.

Staff Awards 2011, 2012 & 2013

The Orthodontic nurses were selected for the UHNS Staff Awards 2011 and also in 2012 for their contribution to patient care. We were delighted that the awards ceremony, held annually by the Trust, recognized our talented and professional team of nurses.

Sentinel Heroes Awards

Our consultants have been recognized as NHS heroes in the local Sentinel Heroes Awards 2012 and 2013. This recognizes the exceptional treatment that patients receive here by our dedicated team.
‘New’ Orthodontic Website

We are pleased to have our own departmental website covering hot topics in orthodontics as well as routine information such as “Where are we?” and “Meet the team”. We also have a photo gallery displaying before and after photos of patients teeth! If you would be happy to have your photos on our website please do let your orthodontist know.

Visit our website on www.uhns.nhs.uk

Patient Stories

We are always on the look out for more patient stories. How have you managed with your braces? Was it what you expected? We hope to include some patient stories for your information and interest on the website. Please let your orthodontist know if you would like to write an orthodontic story for our website.

General Dental Practitioners

You must ensure that you continue to visit your dentist for regular check-ups throughout the course of your orthodontic treatment. There may be occasions that we need to liaise with your dentist for routine dental treatment to be carried out.

The University Hospital of North Staffordshire

The Trust does not tolerate physical or verbal abuse. Anyone who behaves in this way will be asked to leave and may be prosecuted.

We have a no smoking policy and ask you not to smoke in or around the grounds.
Confidential Information

We hold and use your personal and medical information, securely and in confidence, in line with both the Data Protection Act 1998 and NHS Standards. If you would like more information please ask a member of staff or visit the Trust’s website at www.uhns.nhs.uk

Expenses

You may be entitled to claim for your travelling expenses if you are receiving supplementary benefits including:

- Income support
- Disability Working Allowance
- Working Family Tax Credit.
- HC2 / HC3 Certificates
- Job Seekers Allowance (Income based)
- E.S.A (Income based only)
- Child Tax Credit
- Pension Credit (Guaranteed only)

The Department of Health leaflet HC11, 'Are you entitled to help with costs?' explains this. Expenses will only be paid if you are able to produce the necessary documentation.

The cashiers office can be located on Level 1 adjacent to the restaurant.

Do you know you can request a copy of your clinic letter?

As a routine now we try to send copies of your consultation letter home to you as well. While it may contain some technical information that only your dentist will fully understand it may help give you an indication of the clinical problem and potential solutions.

Students

We are a teaching hospital and on occasion you may be asked if students can attend your consultation to observe. If you do not want them to be present then please make the reception desk or nurses on clinic aware. This will not effect your treatment in any way if you decline.

If you have any comments, complaints or questions you can contact:-

- Clinic Supervisors Miss J Ross & Mrs J Crank on 01782 674803
- PALS (Patient Advice & Liaison Service) 01782 676450 or 676455
- Email PALS, patient.advice@uhns.nhs.uk or complete a patient feedback form
- Write to the Chief Executive, Trust HQ, University Hospital of North Staffordshire, Newcastle Road, Stoke on Trent, Staffs, ST4 6QG
The Ten Orthodontic Commandments

1. Attend for your brace appointments
2. Continue to see your own dentist for regular check-ups
3. Avoid sugary snacks between meals
4. No fizzy drinks or energy drinks
5. Brush your teeth and braces in the morning, at bedtime and after meals
6. Wear your brace and elastics as instructed
7. If you have a twin-block brace, wear it all the time. Yes, that’s 24 hours a day!
8. Telephone the department on 674653 if your brace is broken or is not fitting
9. Bring your retainers to all review appointments
10. When your treatment is finished........SMILE!