

	0-12 months Non-Extraction	12-24 months Extraction	1 arch (Top or Bottom)
Metallics (Traditionals)	£3460 £530 x 2 First Payments £150 x 12 Instalments £600 Retainers	£4360 £530 x 2 First Payments £150 x 18 Instalments £600 Retainers	£2450 £530 First Payment £150 x 10 Instalments £420 Retainer
Clear (Traditionals/Ceramics)	£3900 £570 x 2 First Payments £180 x 12 Instalments £600 Retainers	£4980 £570 x 2 First Payments £180 x 18 Instalments £600 Retainers	£2790 £570 First Payment £180 x 10 Instalments £420 Retainer
Damon Q / Metallic (Self Ligating)	£4900 £530 x 2 First Payments £180 x 18 Monthly Instalments £600 Retainers		
Damon Clear (Self Ligating)	£5340 £570 x 2 First Payments £200 x 18 Monthly Instalments £600 Retainers		
Lingual (Top and Bottom)	£10400 £2500 Deposit (Records) £2500 (Bond up) £400 x 12 Monthly Instalments £600 Retainers		

Invisalign Lite Up to 14 Trays (7 months)	£3600 £1440 Deposit (Records) 40% £520 x 3 Instalments £600 Retainers
Invisalign Full Up to 48 Trays (24 months)	£5000 £2000 Deposit (Records) 40% £480 x 5 Instalments £600 Retainers

Bonded Retainers	£240
Essix Retainers	£180

What's included? Photos and study models of your teeth, all necessary appointments, emergency appointments, lower fixed/upper and lower remove Essix retainers and 12 months after care (3 retainers checks).

NOT included: X-rays, hygienist, dentist check-ups, whitening and extractions if needed.

If you need further information, please visit:

<https://www.myharmonysmile.com>
<http://www.invisalign.co.uk>
<https://damonbraces.com>

All you need to know about Retainers!

A retainer is an orthodontic appliance that must be worn after braces. All patients need to wear retainers after treatment. The aim of retainers is to keep your teeth straight.

There are two types of retainers: fixed and removable. Once we remove your braces, your teeth will want to shift naturally due to muscle pressure. It is crucial that you wear your retainer to prevent your teeth from moving.

Retainer Instructions

Wearing your retainer is a very important phase of the total treatment process. When your braces come off, the teeth are mildly loose. They need time to settle down in the bone until they become stable.

Following our protocol, a fixed 3-3 retainer will be placed in the bottom arch and an Essix (Clear removable retainer) in both arches.

The fit and wear of your retainers will be checked for the next 12 months after the brackets removal. Please wear your removable retainers as described:

For the first 3 months: Wear your retainers all the time 24/7. Take it out only to eat and brush

At the 3 months mark: Wear your retainers every other day and every night. Take it out to eat and brush.

At the 6 months mark: You have to wear your retainer at bedtime, every night.

At the 1 year mark: You have to keep wearing your retainer every night, but, as long your retainer inserts smoothly, you can switch to wearing your retainer every other night. However if it feels tight or has resistance, you must wear it several nights per week. It is advisable to keep your lower fixed retainer for at least 5 years and if you decide to remove it, you still need to keep wearing the removable one. You should expect your teeth to move a little once you stop wearing retainers. Changes in position of your teeth continue through out life and are a normal part of ageing. Keeping this in mind, you must wear your retainer for the rest of your life, if you don't, your teeth will shift back to their original position over time.

THE ONLY WAY TO HAVE PERMANENT STRAIGHT TEETH IS TO WEAR A RETAINER ON A PART-TIME BASIS FOR LIFE

How do I clean my retainers?

Removable (essix): Clean your retainers at least once a day to keep them fresh and free from bacteria and tartar build up. Brush your retainer with a different brush than the one you use to brush your teeth using cold water and washing up liquid. Do not use hot water or place it in the dishwasher. Always store your retainers in its case. You can use once a week cleaning tablets or sterilising fluid to soak your retainers to get better results.

Fixed/bonded retainers: As long you brush with a good technique, use fluoride mouthwash and use floss and superfloss to clean in between your teeth is unlikely to have a problem. It is always advisable to visit the hygienist twice a year to remove tartar.

ALWAYS BRING YOUR RETAINERS WITH YOU TO YOUR RETAINER CHECK APPOINTMENTS

REMEMBER:

- Retainer use is your personal responsibility
- Contact your orthodontist immediately if you damage or lose your retainers
- Brush your teeth for about 2 minutes, 3 times a day
- Avoid sugary snacks and drinks between meals and bedtime
- Its advisable to wear retainer for life, It's the only way to keep your teeth straight
- After 6 months of retention, you are likely to have to pay for any repair or replacement

Is time for a Whitening treatment?

Yes it is, and if you recommend a friend to us, you both will get a free home whitening system!

Patient Information leaflet

If you are reading this informational sheet is because you just got your braces and have many questions. Hopefully you will find answers to many of your questions here.

The most common reasons for having orthodontic treatment are:

- To improve the appearance of the teeth and face. Perhaps your teeth have become more crowded with age or have started to shift as a result of gum disease.
- To move teeth prior to a crown, implant or bridge work.
- To improve the health of the teeth and gums.
- To improve function, to make it easier to eat.

Age is not a limiting factor to have braces. It more often depends on the type of bite, position of the teeth and the condition of both teeth and gums. If you have active gum disease, it is important to bring this under control before pursuing braces.

There are two types of braces. Removable braces, and fixed braces, which cannot be removed for cleaning. You should not try to remove them, as you may damage your teeth and the treatment will not work. Fixed braces can be fixed in the inner side of the teeth (lingual) or in the outer side which makes them visible. It is possible to have tooth coloured brackets, which are less visible from a distance, although the wires are still likely to be noticeable. It may be necessary for you to wear elastics at some stage during the treatment. The elastics are worn inside the mouth during the day and night.

Fixed braces treatment usually takes 12-30 months, but will vary according to how complex the case is. Once your braces has been fitted you will need regular appointments (usually every 4-6 weeks) during the treatment for the braces to be adjusted.

Having braces fitted is not painful. However, it is common to have slightly tender teeth for 3-5 days after each fitting and adjustment appointments. Regular over the counter painkillers should help. We advise to take paracetamol 500mg every 6 hours (if you are not allergic). If the brace rubs against your lips or cheeks, you may use orthodontic wax to help relieve discomfort.

Please tell your orthodontist if you have previously knocked or damaged a front tooth, as there is a risk that your tooth may need further treatment while you are wearing a braces. A sign of this damage is that the tooth may become dark. If treatment is needed, this will usually be carried out by your regular dentist.

You can eat normally. However, for your orthodontic treatment to work well and in the shortest possible time, it is important that you take care of your teeth and braces. In order to prevent damage to both, you should:

- Avoid sugary snacks/drinks between meals and at bedtime. Eat instead sugar free or low sugar foods such as cheese, vegetables or nuts.
- Avoid sticky, chewy or hard sweets, mints and sugary chewing gum.
- Avoid fizzy drinks and large amounts of fruit juices. Drink between meals water or milk.
- Hard or chewy foods, such apples, carrots and crusty bread can damage your brace. Avoid them or cut them up first.

It is important that you brush your teeth for at least 3 minutes, 3 times a day, after every meal. Use a fluoride toothpaste. Carry a brush with you for use after lunch. Brushing may take a little longer when you have fixed braces take your time. Pay particular attention to brush where the gums meet the teeth. You may use a manual or an electric toothbrush; use the brush that works best for you. An electric toothbrush can be a good tool when properly used. Interdental brushes may help you to clean around the braces and between your teeth.

A fluoride mouthwash should also be used daily. Use it at a different time of the day to when you brush your teeth, to allow the fluoride to protect your teeth. Avoid eating or rinsing 30 minutes after use. Sugary snacks/drinks and poor cleaning of your teeth and brace will lead to permanent damage to your teeth.

You still need to visit your regular dentist for your check-ups throughout the orthodontic treatment. This is so that your teeth can be checked for decay and gums examined for signs of disease.

Smoking causes tooth staining, bad breath, gum disease, tooth loss and mouth cancer.

Some alcoholic drinks are acidic and very sugary, also some mixer drinks contain acid, so these drinks can cause tooth decay or erosion if they are consumed often in large amounts.

If you play contact sports or you take part in activities requiring a protective helmet, it is recommended that you wear a gum shield.

If you play a wind or brass musical instrument, a fixed brace may make it more difficult, You will need to discuss this with your music teacher.

If the brace breaks, ring up for an appointment as soon as is reasonably possible. Do not wait for your next routine appointment as the breakage may slow your treatment, or may result in damage to your teeth. Repeated breakages will slow down the treatment and increase the overall treatment time. As a rule, every time the brace is broken 1-2 months is added on to the normal treatment time. If you repeatedly break your brace, your treatment may be stopped early.

Your orthodontic treatment should be successful if you are committed to your treatment. You will need to look after your teeth and brace well, follow your orthodontist's instructions and attend regularly to have your brace adjusted.

Once the active phase of your treatment has been finished, it will be necessary to wear a retaining brace. Retainers are designed to keep your teeth straight and it is important that you wear them as instructed. This may be removable or it may be fixed behind your front teeth. As a general rule you will need to wear your retainer for a minimum of 12 months. This may mean wearing it all the time at first, then switching to just night-time wear. You will be advised if long term wear is required. You should expect your teeth to shift a little once you stop wearing retainers. Changes in the position of your teeth can continue throughout life and are part of the normal ageing process. The only way to have straight teeth permanently is to wear a retainer on a part-time basis for life.