



LARS CHRISTENSEN ORTHODONTICS

Summer 2019 Newsletter

It's National Smile Month!



13th May to 13th June 2019

National Smile Month is the largest and longest-running campaign to promote good oral health.

Together, with thousands of individuals and organisations, it highlights three key messages, all of which go a long way in helping us develop and maintain a healthy mouth. They are:

- Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.
- Cut down on how much sugary food and drink you have, and how often you have them.
- Whilst during your orthodontic treatment, please continue to visit your dentist regularly. You can find more information at: www.nationalsmilemonth.org

Gluten Free Aligners

We appreciate that some of our patients may be concerned about the use of plastics in our aligners/retainers so we'd like to reassure you that Invisalign clear aligners are FDA-approved and contain no BPA, BPS, latex, or gluten. Likewise, the on-site retainers/aligners we fabricate are made from proven biocompatible material.

Mouthguards

Don't forget to place your mouthguard orders over the summer so that you have these in plenty of time to start the new term/sport season. They're available in a wide variety of colours and patterns, and can even incorporate names.

After an initial scan – these can be provided in around 10 - 14 days. (Delivery can be delayed in August due to high demand – so please allow plenty of time to have your mouthguard ready for September).

£60 inc Scan – Existing patient

£75 inc Scan - New patient

CPD Event

Lars, Gurprit and Anna recently hosted a Continuing Professional Development Event here at the practice for local referring dentists. Presentations were given by both Lars and Gurprit. One of the topics presented focused on when is the right time to refer for an orthodontic opinion? The AAO (American Association of Orthodontists) recommend as early as Age 7 as Orthodontists can spot subtle problems with jaw growth and emerging teeth. We recommend that every child has an x ray of their jaws by age 10.

Please contact reception if you'd like to arrange a consultation – both Lars and Gurprit would be happy to offer their expert opinion.

Child Consultation - £110

Adults welcome too!

Adult Consultation - £150

Why your child should get an orthodontic opinion at Age 7:

- The check-up may reveal that your child's bite is fine. Or, the orthodontist may identify a developing problem but recommend monitoring the child's growth and development, and then if indicated, begin treatment at the appropriate time for the child. In other cases, the orthodontist might find a problem that can benefit from early treatment.

- Early treatment may prevent more serious problems from developing and may make treatment at a later age shorter and less complicated.

- In some cases, the orthodontist will be able to achieve results that may not be possible without surgery once the face and jaws have finished growing. • Early treatment may give your orthodontist the chance to:

- guide jaw growth
- lower the risk of trauma to protruded front teeth
- correct harmful oral habits
- improve appearance
- guide permanent teeth into a more favorable position
- improve the way lips meet

Through an early orthodontic evaluation, you'll be giving your child the best opportunity for a healthy, beautiful smile. Because patients differ in both physiological development and treatment needs, the orthodontist's goal is to provide each patient with the most appropriate treatment at the most appropriate time.

See photographic examples:

Problems to Watch for in Growing Children

Malocclusions (“bad bites”) like those illustrated below, may benefit from early diagnosis and referral to an orthodontic specialist for a full evaluation.



Crossbite of Front Teeth

Top teeth are behind bottom teeth



Crossbite of Back Teeth

Top teeth are to the inside of bottom teeth



Crowding



Open Bite

Front teeth do not meet when back teeth are closed



Protrusion



Deep Bite



Underbite

The lower teeth sit in front of upper teeth when back teeth are closed



Spacing



Oral Habits

Sucking on thumb, fingers

In addition, if you notice any of the following in your child, check with your orthodontist:

- early or late loss of baby teeth
- difficulty in chewing or biting
- mouth breathing
- jaws that shift or make sounds
- speech difficulties
- biting the cheek or the roof of the mouth
- facial imbalance
- grinding or clenching of the teeth

Final treatment decisions should be made among the parent, child's dentist and orthodontist.

Visit the American Association of Orthodontists website at aaoinfo.org