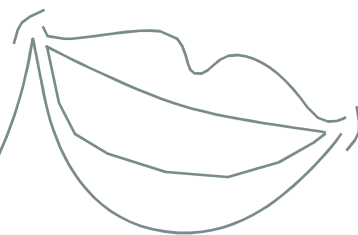


# co-operation



## Important Information

Before making the decision to proceed, it is important we advise you that there are risks attached to routine orthodontic treatments. These risks apply to all patients, of all ages.

Where there are extractions, there may be some extra space in either the upper or lower arch in certain circumstances which may preclude full closure of these spaces. Loss of vitality of a previously traumatised (damaged) tooth can occur during orthodontic movement.

The health of the bone and gums which support the teeth may be affected by orthodontic tooth movement if a condition already exists. In some patients the length of the roots of the teeth may be shortened during orthodontic treatment. Some patients are prone to this happening, some are not. It is nearly impossible to predict susceptibility.

Occasionally patients may suffer pain or dysfunction in the jaw joints (TMJ). This may present as joint pain, headaches or ear problems. Any of the above noted symptoms should be reported to your orthodontist. There can be some discomfort in wearing fixed appliances (braces) or Invisalign®, and the teeth can become temporarily loose during orthodontic movement.

To ensure that teeth do not move from their positions after treatment, it is imperative that retainers are worn exactly as instructed on a long term basis.

### **YOUR CO-OPERATION IS ESSENTIAL**

It is essential that appliances and elastic bands are worn as instructed at all times, to move the teeth into their correct positions. Once tooth movement is complete and your orthodontic appliances are removed it is essential to wear your retainers as instructed, to maintain the new position of your teeth.

### **ORAL CARE IS YOUR RESPONSIBILITY**

For your orthodontic treatment to be successful, it will be necessary to exercise care in eating and to refrain from consuming sticky toffees, caramels etc. Avoid biting into foods such as whole apples, crunchy bread rolls, raw carrots and biscuits. Extra care will be needed when eating steak, chops, barbecued foods etc. All of these foods can still be eaten, however need to be in small pieces and eaten slowly and carefully.

Your teeth will be preserved by keeping your mouth clean at all times and by brushing your teeth and appliances after eating.

The Ortho Practice wants you to achieve the very best results from your orthodontic treatment. Should it become apparent that the success of your treatment is at risk owing to poor oral hygiene, you will be advised of our concerns. If there is no improvement, a fee will be charged for additional care products that you need to use. You will also be required to attend additional visits, in conjunction with your general dentist, so we can monitor your progress to an acceptable level of oral health.

### **REGULAR DENTAL INSPECTION**

Prior to the commencement of any treatment it is important to be dentally fit. It is also imperative during the periods of orthodontic observation or active treatment (as well as later retention) that dental check-ups occur regularly. Therefore your dentist will be sent a full report of our clinical assessment and will be advised of our progress.

# your treatment plan



## Your individual treatment plan

**The Ortho Practice** philosophy follows a case-by-case approach for all ages, with your treatment plan tailored to your specific needs. This may mean monitoring and waiting for teeth, early intervention, or later treatment when the permanent teeth have emerged.

All unique patient features are assessed, with expected future dental and facial growth changes in mind. We also communicate expected growth and change, back to parents where appropriate.

Diagnosis and final treatment plans are derived from a variety of sources. Not all are necessary for every patient and may include:



Intra oral and extra oral photographs

- Photographs – intra oral and extra oral. Photographs of the teeth and facial structures, used as an initial reference point from which to diagnose problems and compare treatment changes. Not the most flattering views however a great tool to show change.



lateral cephalometric x-ray

- Radiographs – digital x-ray images of the teeth and jaws. Digital x-rays allow enhanced image quality and a decreased exposure to radiation.

- Frontal x-rays and lateral x-rays – to gain an accurate view of the symmetry of the face from the front, as well as an accurate side view of the jaws to assess where any discrepancies lie.

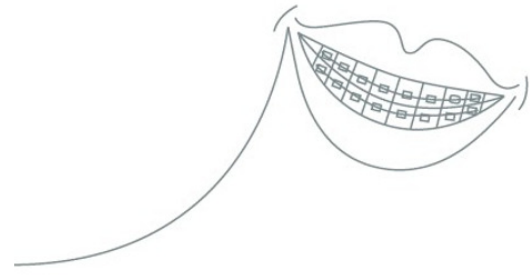


Panoramic x-ray

- Panoramic x-rays – an 'all the way round' view of the teeth and their relationships to one another. It is an image that has been flattened out much like a world map is a flattened globe.

- Digital 3D Scans – our iTero scanners digitally capture the structure of the teeth and gums using the latest optical technology. The scan is captured by a member of our clinical team using a compact hand held wand in a matter of minutes and can be used to make many orthodontic appliances.

# your treatment options



## Choosing the right treatment

Your treatment plan is a team effort and vital to the most successful outcome possible. Successful long lasting smile depends on the combined input of our entire team. More information on our most popular treatments can be found below:

### FULL BRACES

The current fees are for treatment involving upper and lower braces. The fee covers all aspects of the proposed treatment completed in our office except for the initial consultation and diagnostic records. Included in this fee are the retainers at the end of treatment and two years of post-treatment maintenance and monitoring. This fee may be subject to change if treatment is started at a later date. The fee does not cover lost or broken appliances, frequently missed appointments and charges for treatments outside the practice normally completed by a general dentist or other specialist.



Ceramic upper & stainless steel lower braces



Ceramic upper & lower braces



Standard (stainless steel braces)

### SURESMILE®

SureSmile® technology creates a measurably better smile for patients. It offers more precision, better results and a beautiful smile in less time than conventional braces. Instead of bending an arch wire by hand, your orthodontist uses advanced 3-D imaging, virtual simulations and robotically bent arch wires customised for your treatment. When the SureSmile® wire is inserted into your brackets, each tooth moves more directly to the prescribed position. Your teeth do not move faster with SureSmile® – they move with precision that was never before possible.

### INVISALIGN®

Alternative to conventional fixed braces, Invisalign® allows you to remove the aligners which means you can continue your normal life without the obvious appearance of braces. Invisalign® is a series of custom aligners made from a lightweight plastic material which fit around your teeth and will be changed every two weeks for a new set. Each aligner is slightly different from the previous one and moves your teeth gently into the desired position to create a smile you will be proud of. The length of treatment may vary dependant on the severity of your case and can be determined by your orthodontist.



Invisalign®

Our doctor may also recommend an alternative system of aligners for your treatment. This recommendation will be based on the doctor's expertise using clear aligners to move teeth.

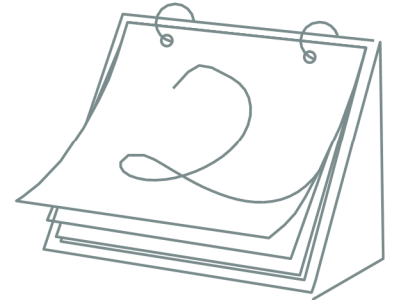
### INTERPROXIMAL REDUCTION

Also known as IPR, polishing or filing can be used in all of the above treatment options and has been used in orthodontics for over 100 years. This allows for the contacts between the teeth to be reduced, resulting in more space and less friction. We are then able to bring the teeth closer together and fit side by side in an overall more desired position.

## Dental Monitoring

During your treatment we will monitor your progress remotely via the Dental Monitoring Smart Phone App. You will use the app on a regular basis to send us a series of photos (scan) of your teeth so we can ensure your treatment is tracking smoothly. At your start appointment the team will assist you in setting up the app on your device and how to take your scans.

# scheduling appointments



## Appointment Guidelines

To maintain your treatment plan, regular appointments will be scheduled.

Early morning and late afternoon appointments are always in high demand therefore it will not always be possible to achieve all of your appointments at these times.

Treatment Start appointments (30-90 minutes duration) are scheduled in the late morning or early in the afternoon, to allow adequate time for this important initial stage of your treatment. Should additional longer visits be required during your treatment, these will be scheduled in the late morning or early in the afternoon.

We endeavor to run as close to your appointment time as possible. Delays are often caused by accommodating extra appointments. This may cause some inconvenience, as our goal is to see everybody on the day. In order to minimise delays and to ensure continuation of your treatment which is important, we ask you to note the following procedures.

### EXTRA APPOINTMENTS

If your appliances are broken or damaged, treatment cannot continue as normal, therefore it is important that you advise us as soon as the problem occurs. Please email us along with any photos of the breakage to [info@theorthopractice.com.au](mailto:info@theorthopractice.com.au) so we can arrange a in clinic care appointment as soon as possible.

### LATE ARRIVALS

Please contact us to advise if you are running late and depending on the time you arrive and your planned appointment duration, either a minimal amount of treatment may be achieved and/or a new appointment will need to be scheduled.

### CANCELLATIONS/RESCHEDULING

If your appointment is cancelled less than 24 hours prior to appointment, a fee may apply.

If any other appointments are cancelled less than one week before, the work proposed may have to be rescheduled a further 4 to 6 weeks out which may delay your overall program. It is therefore important to advise us at the earliest possible time, if any changes are necessary.

### BEFORE AND AFTER SCHOOL PERIOD

Appointment scheduling at these important periods is designed to see as many patients as possible, to accommodate your needs to your school or work requirements. Therefore, you are requested wherever possible, to ensure the above recommendations are understood and considered to keep this time running as smoothly as possible for you and other patients. Your understanding and co-operation is appreciated.

### VIRTUAL APPOINTMENTS

During treatment, some of your regular checkups may be conducted virtually. We will advise you via email of any feedback as well as the next appointment information.

# your dental hygienists



## **Dr Larissa Knodler**

Bachelor of Dental Surgery

Larissa joined The Ortho Practice team in April 2014 as a hygienist. Larissa graduated from the University of Sydney with a Bachelor of Dental Surgery in 2000 and has since worked in both general and specialist practices here and in London. Larissa has gained extensive experience working as a general dentist.

Her dental passions lie in orthodontics and periodontics and she enjoys working with both children and adults. The Ortho Practice provides a great combination of all of these. When she's not working, Larissa loves spending time with her young family, with three children keeping her busy. She also loves travelling, catching up with friends and of course keeping up to date with the latest information in the dental world.



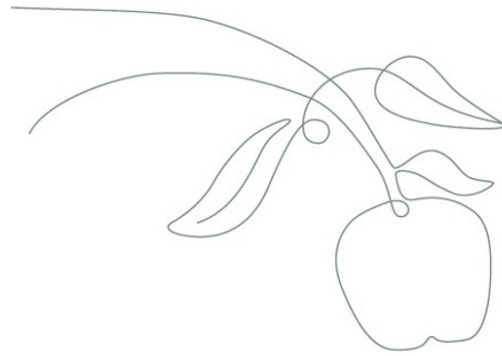
## **Mitchell Burgess**

Bachelor of Oral Health Therapy

Mitchell joined The Ortho Practice in January 2022 as a Dental Hygienist after graduating from the University of Newcastle in 2014. With extensive experience working in both general and cosmetic dentistry, Mitchell is keen to pursue a passion for orthodontics here at The Ortho Practice.

In his spare time he enjoys days at the beach, live music and keeping fit through tennis, gym and yoga. If you have any music recommendations he is all ears! (He likes to pretend he is young and hip).

# top rewards



## why you get top rewards

When you choose **The Ortho Practice** for your orthodontics, you can be assured we will do everything within our power to ensure you get the wonderful results you desire although we cannot do it on our own! For you to achieve the very best results from your orthodontic treatment, it is essential for you to attend all appointments on time at the required intervals, keep your teeth, gums and appliances clean, prevent any breakages to your appliances and wear your appliances or elastics as instructed.

To encourage your excellent co-operation and participation in your orthodontic treatment, you are enrolled into the TOP rewards programme as a fun way to help us, help you, achieve a great orthodontic result.



### WHAT YOU CAN GET WITH YOUR TOP REWARDS POINTS

Check out all the great prizes you can win in our prize cabinet at the reception desk. Prizes will change regularly so you can keep earning for a while and watch for the prizes you want. There is also a fantastic major prize for the patient who achieves maximum points!



### HOW YOUR POINTS ARE AWARDED

1 point will be awarded for each of the following achievements at all your appointments:

- Arriving on time for your appointment
- Keeping your teeth clean and healthy
- No breakages
- Good co-operation (wearing elastics, plates etc).



If you are awarded all 4 tokens above, you will receive 2 bonus points!

### EARN POINTS VISITING YOUR DENTIST

- Visit your dentist every 6 months for 4 tokens. You will be presented with a "dentist card" - ask your dentist to date and sign your card and we will issue your tokens: 4 points for each dental visit.
- 20 bonus points if you visit your dentist every 6 months over 2 years.



### HOW YOUR POINTS ARE RECORDED

You will be issued TOP tokens by our clinical staff at the end of your appointment. If you leave without your points, please see the team member who participated in your appointment. It is your responsibility to keep and look after all the tokens you have earned, as lost or misplaced tokens will not be re-issued. Once you have accrued enough tokens to claim a prize, you can redeem your tokens with our receptionists. The minimum amount of points required to claim a prize is 6.

\* Points cannot be combined with other patients' or siblings' points



# want to know more?

[www.orthopractice.com.au](http://www.orthopractice.com.au)

## clinic opening hours

Maroubra – Monday – Thursday 7:30am - 5:30pm

Fridays – Reception open 7:30am – 5:30pm (if experiencing extreme discomfort please email [info@theorthopractice.com.au](mailto:info@theorthopractice.com.au) for assistance along with any relevant photos of your appliance)

Kincumber – Monday, Wednesday and Thursday 7:30am – 5:30pm

## the ortho practice online

Please visit our website, [www.orthopractice.com.au](http://www.orthopractice.com.au), it contains a wide range of information, including:

- What is orthodontics?
- Our relationship with you
- Meet the team
- Finance information
- Your first visit
- Patient education
- Dental Monitoring
- Clear Aligners
- Braces
- FAQ
- Early treatment
- Adolescent treatment
- Adult treatment

## stay in touch

To enhance the experience of your time with **the ortho practice**, our friendly reception team are here to assist you and can be reached via [info@theorthopractice.com.au](mailto:info@theorthopractice.com.au) to assist you with -

- Appointment scheduling and checking the date and time of your next appointment
- Obtaining copies of your photos and x-rays
- Obtaining updated statements with your current account balance and answering financial related questions
- Treatment related questions
- Updating any patients details

## EMAIL AND TEXT MESSAGE REMINDERS

Are sent after you schedule an appointment and the day before your scheduled appointment.

## FACEBOOK AND INSTAGRAM

We often run fun competitions and post up handy tips and information so, like us on Facebook and follow us on Instagram to be part of our online community.



Like us on  
Facebook



Follow us on  
Instagram

*Providing patients and their families knowledgeable,  
honest advice and treatment, resulting in greater confidence  
and self-esteem in a 'best we can be' environment,  
with an enthusiastic attitude from a caring team.*