

newsletter

December 2020



**colchester
orthodontic
centre**

Dear Colleague,

I hope you, your team and families have all stayed safe and well over the past few difficult months. I am sure like us you are now focused on the future and have adapted to the new way of practicing. We have implemented many measures to keep our staff and patients safe and we're gaining momentum!

We are back to full strength staffing wise although our capacity is still reduced in terms of patient through flow. As the majority of orthodontic procedures are non-AGP, our main challenge relates to the need to maintain safe social distancing measures. Thankfully, our new systems are running smoothly.



Private Referrals

We continue to accept new private referrals for children, teens and adults. The easiest way to refer is via our website www.colchesterorthodontics.co.uk/dentist-area/dentist-referral/ You can still refer patients to us by completing our paper referral form or via referral letter. (Please let us know if you would like some more referral forms and we will arrange for these to be sent to you.) Our Treatment Coordinator, Laura Shewbridge, endeavors to contact new referrals within in 1-2 days, to arrange an orthodontic assessment and answer any initial questions they may have.

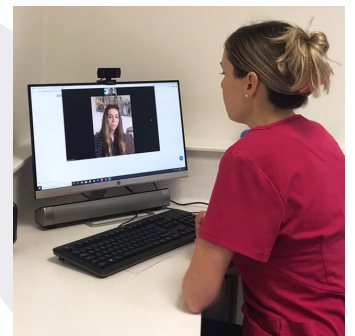
NHS referrals

Unfortunately, we are unable to accept any new NHS referrals at this stage. The waiting list to start NHS treatment at Colchester Orthodontic Centre is approximately 30 months. It's not appropriate to keep adding to this expanding list and so we feel it's in your patient's best interests if they are referred to an alternative provider. We will of course provide appropriate NHS treatment for all eligible patients who have already been referred to us and are on our existing waiting list.

Zoom Consultations

The pandemic has obviously changed how we all work. Our initial private consultations are now held remotely on Zoom. Patients submit photos of their teeth via our website and they meet both an Orthodontic Specialist and Treatment Coordinator in the comfort of their own home for a 30-minute consultation.

During this time treatment options are presented and associated costs given. Arrangements are then made for the patient to attend the practice for a clinical assessment and records before a treatment plan is finalised. The feedback from our patients has been positive and that they really appreciate this way of getting started.



Invisalign Provider

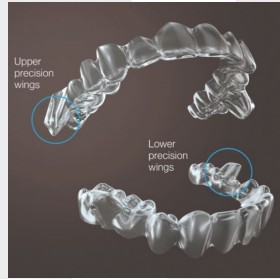


Invisalign can be a great option for patients looking for the most discreet way to align their teeth. The aligners are barely visible, can be removed when tooth brushing and thanks to technological advances, are now able to successfully treat a wider range of malocclusions. It's important however to always manage our patient's expectations. For some bite discrepancies, Invisalign is not the best option and conventional

metal or ceramic fixed braces are preferable. We will always offer our patients the most appropriate options as part of the informed consent process.

Invisalign Mandibular Advancement Appliance

We are using this appliance more frequently as an alternative to the Twin Block functional appliance. For cases with a significant skeletal II malocclusion and an associated increased overjet, functional appliances can be extremely effective in improving the relationship between the upper and lower dental arches. The twin block functional appliance has been the 'go to' functional appliance for a long time. Recently Align Technology have introduced the Invisalign version of a functional appliance and, in the right cases, works equally well. It has the added advantage of straightening the teeth at the same time as addressing the antero-posterior skeletal discrepancy which is something the Twin Block is unable to do.



Dental Monitoring

It has been lovely seeing our patients both in the practice and via remote contact on Zoom. We have embraced other



new technologies which will help patients with their orthodontic journeys, such as Dental Monitoring for all our Invisalign patients. If you're not familiar with Dental Monitoring, it's a clever app that allows patients to transform their smartphone into a remote scanning device. This uploads intraoral photos directly for monitoring by

both artificial intelligence software and our team. It helps to reduce the amount of visits the patient has to make to the practice during the treatment process and allows us to track treatment progress and communicate with patients remotely.

Lunch and Learn

This has proved a popular way of gaining 1 hours CPD for both you and your staff. We can now offer this option remotely by Zoom! Pre-COVID, we would travel to your practice for a working lunch (provided by us!) and give a 1-hour presentation on relevant orthodontic topics for GDP's. To make life easier in the socially distanced world, we can now provide 1 hours CPD via Zoom directly to your practice. Please contact our Treatment Coordinator, Laura, if this is something you would like to organise.

Private Orthodontic Treatment for your Team

If you have any Nursing or Admin team members who are interested in orthodontic treatment, we would be pleased to offer them a 10% discount on private treatment fees. An orthodontic consultation is required for a clinical examination, treatment planning and confirmation of treatment fee. This appointment is £150, and we require a deposit of £25 on booking. Please contact our Treatment Coordinator for more information. *(This offer applies to staff members only.)*

In other news...

Our experienced orthodontic therapist, Fiona Carter has decided to embark on a new adventure. Fiona has worked at Colchester Orthodontic Centre for 15 years and was one of the very first UK orthodontic therapists. She has been involved in treating countless numbers of patients and will be greatly missed by all.



Fiona is now embarking on the next stage of life and has some exciting projects to develop. We wish her well.

Three new orthodontic nurses Abi, Karen and Charlotte have joined us together with Lisa who is providing maternity cover at reception. The latest addition to the team is our new orthodontic therapist Liz who starts in December.

Babies are appearing everywhere! Receptionist Kirsty and nurse Vikki have both recently given birth to baby boys.

Finally

Thanks to everyone who has referred to us this year. We greatly appreciate your support.

Wishing you all a merry Christmas and a safe, healthy & calmer 2021.

Kind regards,

Gareth Davies

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