

newsletter

December 2021



**colchester
orthodontic
centre**

Dear Colleague,

As Christmas approaches, we hope you, your team and families have all managed to weather the pandemic storm. It's been a tumultuous time for all of us. However, life goes on with a new set of challenges facing our profession. Many of these are exciting and offer new ways of managing our patients. Within the orthodontic specialty we are seeing a huge demand for treatment from new patients seeking to align their teeth and improve their smiles. The advent of digital technologies in terms of patient access and treatment planning is very much to the fore and has created exciting new ways of working. Technologies such as *Invisalign Outcome Simulator*, *Dental Monitoring* and *SmileMate* have all made it easier for patients to access orthodontic treatment and to more clearly understand the results that can be achieved. It's been a tough 18 months, but the orthodontic landscape has changed during this time in ways which will only help our patients on their orthodontic journeys.



The Practice

Colchester Orthodontic Centre continues to evolve and develop. As such we are currently recruiting another Orthodontic Specialist to join our existing Specialists Gareth Davies and Keegan Gowans. We also have a vacancy for an additional Orthodontic Therapist. Full details relating to these opportunities can be found on our website or via our Practice Manager, Karina Fogarty karina@colchesterorthodontics.co.uk

Private Referrals

Thank you for your continued support with private patient referrals. We're always delighted to accept private referrals for children, teens and adults of all ages. The easiest way to refer is via our website www.colchesterorthodontics.co.uk/dentist-area/dentist-referral/. Alternatively, you can refer by completing our paper referral form or via referral letter. Please provide as much relevant information as possible together with copies of any radiographs you feel may assist with treatment planning. We will provide you with a detailed reply and assessment outcome once the treatment planning process is complete.

NHS Waiting List

We are pleased to confirm that as from September 1st, we have recommenced accepting new NHS orthodontic referrals. Please ensure all NHS referrals are submitted on the Essex NHS Orthodontic referral pro-forma. If you require a copy of this form, please call our reception team who will be happy to email this to you. Alternatively, you can use a digital version through the Colchester Orthodontic Centre website. Please ensure that the forms are completed fully so that each referral can be screened for its level of urgency. All paper/digital referrals are triaged, and appointments issued accordingly. If important information is missing e.g., the size of an overjet in millimeters, then a patient's level of need may be missed. If you are in any doubt, please give the practice a call for advice.

Lunch and Learn Via Zoom

If you would like your team to learn more about orthodontics in general or require an update on what and when to refer, we can provide a Lunch and Learn session either within your practice or remotely via Zoom. This has proved a popular way of gaining 1 hours CPD for clinicians and their staff. Please contact our Treatment Coordinator, Laura Shewbridge, for more information on how to arrange this.





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 all private orthodontic treatment fees (including Invisalign & ceramic fixed braces). An orthodontic consultation is required for a clinical examination, treatment planning and confirmation of the treatment fee. This appointment is £150, and we require a deposit of £25 on booking. If your staff member enters treatment within 3 months of the consultation, we will deduct the consultation fee from the overall treatment fee. Please contact our Treatment Coordinator Laura for more information. *(This offer applies to staff members only)*

Clinical Information

Anterior Open Bites

AOBs can be caused by dental issues, skeletal discrepancies, soft tissue influences and habits such as finger or thumb sucking. Often the cause is a combination of factors. AOBs can be difficult to treat and the stability of correction unpredictable. Tongue influences, either as a result of the AOB or part of its aetiology, are invariably present and this can act to destabilise correction. AOBs of skeletal origin can often only be corrected by means of orthognathic surgery.

Some of the less severe AOBs can however be corrected by molar intrusion using Invisalign. Essentially the first and second molars are intruded to allow some forward and upwards autorotation of the mandible. These cases usually require the extraction of erupted upper and occasionally lower third molars. Correct use of Invisalign attachments and forces can sequentially intrude the buccal segments. This together with levelling of the occlusal planes can give excellent results.

Here's an example:



Retention

Retention is the biggest challenge in orthodontics. Treatment options and techniques lend themselves to the correction of most malocclusions. The challenge is maintaining stability of the corrected occlusion. All forms of orthodontic tooth movement have some degree of instability associated with them. Some procedures such as arch expansion and AOB correction are far more unstable than others. Consequently, we have a duty to inform our patients that their proposed treatment outcomes only have a chance of stability if long term, permanent retention is accepted.

With this in mind, all our patients are encouraged to consider the wearing of vacuum formed Essix type retainers as a long-term necessity. Many cases will require 'fixed' or 'permanent' retention in the form of bonded retainers. We foresee all treated cases having both fixed and removable retainers in the near future.

Bonded retainers have evolved over the years. The latest developments use CAD CAM technology to generate passive nickel titanium wires which are closely adapted to the lingual surfaces of the canine and incisor teeth. They are low profile and periodontally friendly as they can be accurately positioned away from the gingivae on digital scans.

Here are two examples:



Niti Bonded Retainer: Memotain



Silver Gold Alloy retainer: Orthoflex



Other News From The Practice

• Student Orthodontic Therapist

Having worked in the dental profession for 14 years our orthodontic nurse Laurie Harper is now undertaking her formal training through The University of Central Lancashire (UCLAN) to become an orthodontic therapist. Most of Laurie's training takes place at Colchester Orthodontic Centre with study blocks ##at UCLAN. We're looking forward to Laurie qualifying in June 2022.



◀ Laurie Harper

• Congratulations to Ceri

We were thrilled to report that our orthodontic therapist Ceri and her partner Adam, celebrated the arrival of their new baby girl Imogen in July. All are doing well.

• Fundraising

We're keen to support charities and enjoy taking part in fitness challenges! Our treatment coordinator Laura took part in the Broads Walk challenge, a 25K walk raising money for Epilepsy Research. Our locum orthodontic therapist Fiona took part in the Mighty Hike walking an impressive 26 miles for Macmillan Cancer Support. Gareth is taking on the London to Paris cycle event in June next year in aid of BLISS, the premature baby charity.

• Summer party

We enjoyed a great evening for our belated summer party at The Grey Friars Hotel in Colchester. The weather allowed us to set on the terrace for drinks before supper and just for a moment, the world felt normal!

• Goodbye to Carmen

After almost 6 years as receptionist and treatment coordinator at Colchester Orthodontic Centre, we wished a fond farewell to Carmen. She will be missed but we wish Carmen all the very best with her new role.

• New members of the team

We've welcomed new staff members; Danielle Rennie joins us from Scotland as an orthodontic nurse and Emma Skellett has started as a receptionist.



◀ Danielle Rennie



◀ Emma Skellett

Finally

Thanks again to everyone who has referred to us over the year. We greatly appreciate your support. We hope practice life starts to become more manageable for everybody soon. Stay fit and well.

Merry Christmas!

Gareth Davies

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