



Information for patients

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Welcome to Chesterfield Orthodontics, where you are assured of a warm welcome and high quality care in a comfortable, modern and relaxed environment. In this leaflet you can find out more about the practice and the answers to our most frequently asked questions. For more information, please see our website.

How to find us

We are very easy to find, close to the town centre of Chesterfield just off Markham Road (A617) and opposite Next in the Ravenside Retail Park. The entrance to the practice is on South Place, which is a one way street accessed (by car) from Beetwell Street only.

We have some limited car parking space in front of our building, otherwise there are plenty of public car parks within a few minutes walk. The bus and coach stations are nearby. For more detailed directions and map, please see our separate leaflet or look on our website.

Opening Times

MONDAY	
9.00–12.30	2.00–5.30
TUESDAY	
8.00–12.30	2.00–6.00
WEDNESDAY	
9.00–12.30	2.00–5.30
THURSDAY	
8.00–12.30	2.00–6.00
FRIDAY	
9.00–4.00	

About Appointments

Please note we only provide orthodontic treatment. It's essential that all our patients carry on visiting their own dentist for regular check-ups, as well as for any extractions or fillings that may be needed.

Your first appointments will be for assessment and planning of treatment. Most appointments last around 10 minutes, but occasionally during treatment visits of up to 30 minutes may be needed.

About the Team

Phil qualified as a dentist from Dundee University in 1981, and after working in hospitals and practice in Birmingham, started specialist training in Edinburgh in 1983. He moved to Sheffield in 1985, and started Chesterfield Orthodontics in 1995. He has also worked part-time in practice in Sheffield, as well as in hospital, teaching and research work in Manchester.

Phil has 3 daughters, and his hobbies are skiing, flying and producing practice brochures.

Nick qualified as a dentist in 1978 at Manchester University, and has worked in general practice in Chesterfield and Matlock for most of that time. He has developed a special interest in orthodontics, receiving his training from our local Consultants. Nick has been postgraduate tutor for Derbyshire and a Vocational Trainer (training newly qualified dentists). He is currently chairman of the Local Dental Committee.

Nick has 2 daughters and (he says) spends most of his spare time operating a taxi service.

Our Practice Manager is Kirstie Allen. Kirstie looks after everything behind the scenes, including staffing, practice finances, the computer system and the all important Quality Assurance and Health and Safety. There isn't much that Kirstie doesn't know about the working of the practice.

Emma is our (trainee) Orthodontic Therapist, which is a new class of Dental Care Professional, recently introduced to carry out designated clinical procedures in support of the Orthodontist. Amy, Keri and Lisa are fully qualified nurses who mainly work in the surgery, but also take their turn in reception when needed.

Last (but definitely not least), we have Laura who is our part-time receptionist. Laura's two sons are also our patients, so what Laura doesn't see in the surgery she gets to find out about from the other side.

We are very proud of our dedicated and skilled team looking after you, and they will be pleased to discuss any questions or concerns you may have.

Faqs!

What is Orthodontic treatment?

Orthodontics is the correction of the position of teeth which are either in the wrong place or crooked. Sometimes we can encourage movement of all of the teeth in the jaw by making use of the natural growth changes of the face.

Why might Orthodontic treatment be necessary for me?

Possibly...

- to improve how the teeth look, and give an even smile
- because straight teeth are easier to keep clean than crooked teeth
- to provide a proper bite between upper and lower teeth
- to reduce the risk of injury to teeth if they protrude.

How does treatment work - does it hurt?

We move teeth into different positions with orthodontic appliances ("braces") which apply gentle pressures. You may get some discomfort at certain times, but it doesn't usually last very long.

What sort of appliances are used and what do they look like?

These are the main ones we use in our practice...

Removable Appliances

This is a plastic plate clipped to the back teeth which has small wire springs to move the teeth. They are not particularly noticeable, even when worn all the time - which they should be!

Twin Block Appliances

A strange name, but these are upper and lower removable appliances which work together by using the muscles of the face to encourage forward development of the lower teeth. You would get these if you have prominent upper teeth caused by an under-developed lower jaw. If so, we use Twin Block appliances as a first stage in treatment before going on to fixed appliances.

Fixed Appliances

These have small metal attachments glued to each tooth,

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with a wire joining them together, as you can see from the photograph. Fixed appliances used to look very obvious, but we think that the really modern designs (which we fit!) look OK. Besides you can have certain parts of the appliance different colours at each adjustment - for example, Chesterfield Town, or Sheffield United. Pink with purple is always popular...



Invisible braces

These are mainly available for adult patients on a private basis. Please ask for further information, or look on www.invisalign.com.

How long does treatment take?

Most cases take 1 - 2 years to complete all tooth movements but it depends on the problem. During this period you would need to visit for appliance adjustments every 4 - 8

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weeks. Reliable attendance is important to help keep the treatment time as short as possible. Afterwards, a period of stabilisation is usually needed (with much simpler "retainer" appliances) for about one year, during which time you will only need to visit every few months.

Will I need to have any teeth taken out?

If space is needed to straighten crowded out teeth or protruding teeth, it will sometimes be essential to have some teeth taken out, either before or during treatment. We choose the teeth to be extracted very carefully so that provided that treatment is completed as planned, we don't leave any spaces and you won't notice that any are missing.

When should treatment be started?

For most cases, once all the baby teeth have been replaced when you are about 11 - 13 years old. However, we usually prefer to assess patients for the first time a little before this. This is because some problems can be picked up early, and certain treatments need to be carefully timed so as to make the best use of your growth.

Do appliances damage the teeth?

Not if you look after them properly and have them adjusted regularly. You must also keep your teeth very clean, otherwise they become decayed. If tooth brushing is not up to scratch before treatment, we won't start.

How much does treatment cost?

Good question! At the moment, it's free on the NHS for most types of treatment. But the government have recently changed the way dentists get paid and this will mean that patients with very mild irregularity can no longer be treated on the NHS. Your orthodontist will advise you if this affects you.

Can adults have treatment?

Yes. Orthodontic treatment can be done at any age. Tooth movements may be slower and therefore everything will probably take longer, and the scope of treatment may be more limited. But...in our practice we only treat adult patients privately.

For more information and faqs, please look on our website.

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