

**Q So what happens after I see the orthodontist?**

- A** Your orthodontist may tell you that
- You are not ready for treatment
  - Your teeth are not good enough for braces because they are dirty or have holes
  - You do not need treatment
  - You are ready for treatment

**Q How long will treatment take?**

- A** Treatment with braces may take between 6 - 30 months to complete.



**Q Do I need to do anything if I have braces?**

- A** There are things you should do
- You must wear the braces and look after them as the orthodontist tells you to
  - You should clean your teeth well at least twice a day
  - You should still see your dentist for regular check-ups

There are things you should NOT do

- You should not eat sweet, sticky or hard foods
- You should not drink fizzy drinks



**Good luck with your treatment**  
**Remember the SUCCESS of your treatment depends on you!**

[www.bos.org.uk](http://www.bos.org.uk)

This leaflet has been produced with guidance from the Plain English Campaign and British Dyslexia Association to make it easier for you to read

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Patient Information Leaflet

**SO YOU'RE GOING TO SEE  
THE ORTHODONTIST!**

Some helpful questions and answers

**BOS**  
BRITISH ORTHODONTIC SOCIETY

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**Q Help! What's an orthodontist? And why do I need to go?**

**A** An orthodontist is a dentist who can straighten your teeth. They can talk to you about whether you need to have any braces.

**Q What is orthodontic treatment?**

**A** Orthodontic treatment usually involves wearing braces to straighten your teeth. In order to make space to straighten your teeth sometimes you may have to have some teeth taken out by your own dentist.

**Q But why would I need braces?**

- A**
- Make my teeth and my smile better
  - Make my bite better
  - Make it easier to eat
  - Make it easier to clean my teeth



Before



After

**Q What kinds of braces are there?**

**A** There are different types of braces. Fixed braces are known as train tracks and are attached to your teeth. They look like this.



And you can get removable braces which can be removed for cleaning and look like this.



**Q What happens when I go to the orthodontist?**

**A** The orthodontist will look at your face, mouth and teeth. They will take measurements with a ruler.

Often they will take an x-ray which is a special picture of your face or teeth.



X-ray of teeth

Sometimes they take moulds to make models of your teeth. This is being shown in the picture below.

