

7 things you need to know about orthodontics **BEFORE** you start treatment



1. Why do I need orthodontics?

The reasons for wanting straight teeth in adult life are many and varied, particularly as teeth can become more crowded or move with age.

- Had orthodontic treatment when younger but stopped wearing the retainers
- Simply want to improve your smile
- Teeth have moved as you got older
- Had some gum problems and so your teeth have become loose and moved
- Need a dental implant and space needs to be created

Teeth-straightening is not just about appearance – it can be about function too. By this we mean the way you bite and chew.

2. Which type of braces should I use?

Never before have there been so many ways to have your teeth straightened. Teeth straightening without braces, invisible braces, or surgery – our first step is always to assess which is the right one for you.

Braces today come in many different shapes, materials and sizes.

In general, no brace is predictably quicker. Each of the three broad categories has advantages and disadvantages to consider. Orthodontics isn't simply about straight teeth. It can also make a difference to your appearance, your bite and your overall oral health.

3. Which are the most popular teeth straightening options?

Option 1: **Invisalign**

An innovation in teeth straightening, removable clear aligners. These mouth guard style aligners are individually made for you and your teeth. You are given a new aligner every few weeks to gradually move your teeth into a new position.



Before and after of real Bow Lane patient

How Invisalign braces work.

It starts with an examination of the mouth, teeth and jaw. Next, a 3d scan of your teeth is taken and a 3D computer model is created (Clincheck). Your aligners are made in Invisalign's laboratory in USA and FedExed over to us the next day to be ready to be worn by you. Each aligner is worn for 2 weeks before swapping to the next one in the series and will move your teeth, little by little, to their desired position.

The removable Invisalign invisible braces let you eat & drink what you like and brush & floss normally. The absence of metal brackets & wires in Invisalign invisible braces makes them comfortable and cuts out the need for 'adjusting' appointments. Invisalign invisible braces will improve your confidence through a beautiful, straight smile!

We treat over 150 patients a year with Invisalign and are Diamond providers. Our specialist orthodontists Shirley Cox and Raman Aulakh have treated over 2100 patients with Invisalign so you are in safe hands.

Option 2: **Ceramic brackets**

Straighten your teeth with ceramic brackets, the less noticeable, metal-free alternative to traditional braces. From the company 3M Unitek is bonded to each individual tooth and connected with an archwire. The wire can also be tooth-coloured to make it even more discrete. Small tooth coloured elastic bands (ligatures) hold the wire in place on each bracket. The thickness of the wire slowly increases throughout the treatment as the teeth move into the perfect position.



- ✓ More discrete than metal braces
- ✓ Fixes a variety of alignment problems
- ✓ Suitable for teenagers and adults

Our specialist orthodontist at Bow Lane Dental will see you every 8-12 weeks to check the progress of the brace and adjust the wire. For most people they do not affect their speech and do not irritate the tongue. While clear braces aren't as discreet as alternatives like Invisalign or lingual braces they are very good at straightening teeth.

Option 3: **Incognito**

Straighten your teeth from behind with our virtually invisible Incognito lingual appliance in London. Incognito is a discrete brace system from 3M which uses gold braces that are fitted behind your teeth to straighten them. Incognito are completely customised for the individual, allowing for the most effective results whilst being comfortable.



- ✓ Virtually invisible
- ✓ Suitable for those with nickel allergies
- ✓ No damage to tooth fronts

4. What is the difference between a normal dentist and a specialist orthodontist?

All orthodontists are qualified dentists first. It takes at least another 3 years of post-graduate training after dental school in an accredited orthodontic program to become a specialist orthodontist.

At the end of their studies, they sit the Membership in Orthodontics examination of the Royal College of Surgeons. This qualification, along with a Certificate of Completion of Specialist Training allows them to register as a specialist orthodontist with the General Dental Council.

Special training is required to learn the skills to manage tooth movement (orthodontics) and guide facial development. Orthodontists are dental specialists who diagnose, prevent and treat dental and facial irregularities.

Orthodontists limit their scope of work only to orthodontics since they are uniquely qualified in the diagnosis, prevention and treatment of orthodontic problems. They dedicate their professional lives to creating healthy, beautiful smiles in children, teens and adults.

5. Why choose Bow Lane for my treatment?

Our specialist team have 261 years of combined experience and treated over 346,281 mouths since 2001. We are proud to be a responsible business focusing on eco-friendly dentistry.

Don't believe us read over 412 ★★★★★ [Google reviews!](#) You can also [listen to some of our patients](#) telling you about their experience with Bow Lane.



We have been in business for over 21 years so you don't need to worry, we know what we are doing. All our treatment is guaranteed for 12 months for extra peace of mind. You just need to wear your retainers to keep that beautiful smile.

6. What do you need to do after orthodontics has finished?

Firstly, we need to retain your teeth in place. We do this in two ways using an ultra-thin wire and removable clear aligners (Essix retainers). The wire is fitted on the insides of your front teeth so invisible. Once you have the teeth in the perfect position they can move back again if we don't hold them in place.

Orthodontists can do a lot of amazing things but cannot change the shape or colour of teeth. Restorative costs may be required at the end. A lot of patients have bonding or teeth whitening to get that perfect smile. Luckily at Bow Lane we have a team of cosmetic dentists who can work closely with our orthodontists to design your perfect smile so you can have it complete day in one place and often in one appointment. Saving you time and money.

7. What's your next step?

[Book in with our specialist](#) for an initial consultation (£150) with Dr Shirley or Dr Raman they will discuss your ideal outcome, take photographs, x-rays and design your perfect smile. You will get a detailed plan with payment options.

[Book your consultation today](#). Or call 020 7236 3600

What our patients say about us

B**Bilal El Kaiss**

Best dentist in London period!! I would recommend Bow Lane Dental to anybody wanting to get from an Invisalign treatment to a ZOOM whitening or a deep routine cleaning. Shout out to Brook and Stewart who are simply just the best - For as long as I remain in London, I will keep visiting Bow Lane Dental! PS - The reception team is amazing too ;)

J**Javier Arrué**

I cannot be more happy with my experience in Bow Lane Dental, I have been thinking for years to have aligners and I should have done it earlier!!

S**Seamus Shanks**

As I have had nothing but a smooth experience, James and his team at Bow Lane Dental deserve a recommendation. I have been a regular patient for just over a year and I will say I'm very pleased with my choice of dental practice. The atmosphere in the practice is warm and professional so I wouldn't look anywhere else.



Iorraine ebdon-price



It has taken me 5 years to go to the Dentist! I have bad memories from school Dentist in the 1960"s!

When I phoned up to make an appointment I explained I was very nervous and I was put at ease straight away and not made to feel stupid. Everyone at Bow lane is very welcoming. From the minute you walk up the stairs to the moment you say Goodbye.[...] For someone who has a fear of the Dentist, I felt completely safe and felt able to trust my dentist and the nurses. [...] The aftercare was great, A sheet of helpful instructions, pain relief and follow up Phone calls. When I needed some extra stitches It was no problem to just pop in and be seen. Thank you Bow Lane



Eman Al.



I went in for a dental hygienist appointment with Sarah and as usual I'm blown away by how professional and kind she was, I would rate my .. experience a 10/10.. she does a great and thorough job... I wouldn't go anywhere else.