



# YOUR STRAIGHT TEETH GUIDE

Must-know tips and information about  
orthodontic treatment at Ten Dental+Facial

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*"My teeth look amazing, I'm so happy!"*  
- Ten Orthodontic Centre Patient



DENTAL  
FACIAL

# Orthodontics at Ten

At Ten Orthodontic Centre we work in a state of the art surgery with the highest standard of sterility alongside your orthodontist to ensure the best results for your treatment. We are a large, multidisciplinary referral practice with our specialists providing in-house services in periodontics, orthodontics, implants, oral surgery and implant treatment. This allows us to treat the most complex cases to the very highest standards.



Patients can choose from a range of the latest and most advanced teeth straightening options at Ten Orthodontic Centre. These treatments are provided by highly trained orthodontists who provide a caring professional service to each and every patient.



We offer a wide selection of orthodontic treatments, including Invisalign braces, 6 Month Smiles and the Inman Aligner, all of which have achieved high praise for their modern, comfortable designs. We also provide Incognito Lingual Braces, In-Ovation Clear Braces and Cfast braces.



Our Treatment Co-ordinator will see you through your treatment journey and build a strong relationship with you. We have specialists in all aspects of dentistry, allowing us to deal with very complex cases. We have also won awards for our patient care.

# FAQs

## What is the difference between a dentist and an orthodontist?

Dentistry is a broad speciality, while orthodontics is a speciality within dentistry that focuses on the straightness of teeth and correcting bites. Orthodontists undertake additional study for 3 years to learn all about straightening teeth and all tier work is focused on this one area. All orthodontists are dentists, but not all dentists are orthodontists.

## Do my teeth have to be straightened by an orthodontist?

Your teeth can be straightened either by an Orthodontist or a Dentist provided they have had the right training and knowledge

to do this. They must also work within their bounds of competency. Orthodontists have had additional training and are able [in general] to deal with more difficult and complex cases.

Consultant Orthodontists undertake consultancy work within a teaching hospital, supervising Orthodontists and training Dentists to be Orthodontists. At Ten Dental+Facial, Dr Singh and Dr Grammatopolos are both Consultant Orthodontists.

## How long will treatment take?

Treatment can take between anywhere between 6 months to 2 years depending on the complexity of your case. Some of our treatments, like 6 Month Smiles, can deliver results in just 6 months or less.

## Will people know that I'm wearing braces?

We offer a range of clear teeth straightening treatments which are designed to straighten your teeth as discreetly as possible. Invisalign, for example, uses clear aligners which are barely - if at all - noticeable.

Incognito Lingual Braces uses wires and brackets attached to the back of your teeth, with means complete discreetness coupled with effective straightening. Some of our patients at Ten Orthodontic Centre have described treatment with Lingual Braces as 'revolutionary'.

# Straightening teeth

What can you achieve with braces?

- Align all of your teeth or only teeth of your choice
- Move teeth that stick out back into line
- Move teeth that are stuck behind others into line
- Twist teeth into position
- Pull teeth down into line
- Correct your bite
- Close gaps
- Widen your smile
- Push teeth up



# What are the benefits of straightening your teeth?

There are many benefits to straightening your teeth and many of our patients wish they had started before because for 99% of people, the benefits far outweigh the time and money spent on treatment. Bear in mind it's always an entirely personal decision for each patient.

- Better looking teeth - not very much more needs to be said about this!
- Teeth that are easier to clean as they are straight, in line, and therefore much easier to both brush and floss
- Healthier gums as a result of your improve teeth cleaning
- Prevents abnormal tooth wear as one or more crowded teeth tend to take the strain off your chewing, and wear down more than the others
- Whiter teeth if you take up one of our professional tooth whitening treatments during your straightening
- Nicely shaped teeth if you have some bonding done to restore those ripped edges and worn teeth
- More confidence - your smile is one of the first things that people see when they meet you, and having a great smile can work wonders for your confidence leading to all sorts of good things!

# Our teeth straightening fee chart

Below is our teeth straightening fee chart which shows the stages of treatment and also gives you an idea of what we include in our treatment estimates so that the price you are quoted is always the price you pay.

## Treatment Stage

Consultation  
Study Models  
X-rays  
Braces/Aligner fit  
Additional adjustments  
Hygiene visits  
Brace removal  
Removable retainer  
Fixed retainer  
Whitening  
Bonding  
1 Year Review

## Total

## Typical Cost

£150  
£65  
£70  
£400  
£65  
£150  
£250  
£395  
£65

**£1610**

## Ten Dental+Facial Cost

Free  
Included  
Included  
Included  
Included  
First one free, then £65 per 30 mins  
Included  
Included  
Included with some appliances, otherwise £250  
Included with some appliances, otherwise £395  
Free consultation to determine complexity & cost  
Included

**FREE with some of our estimates**

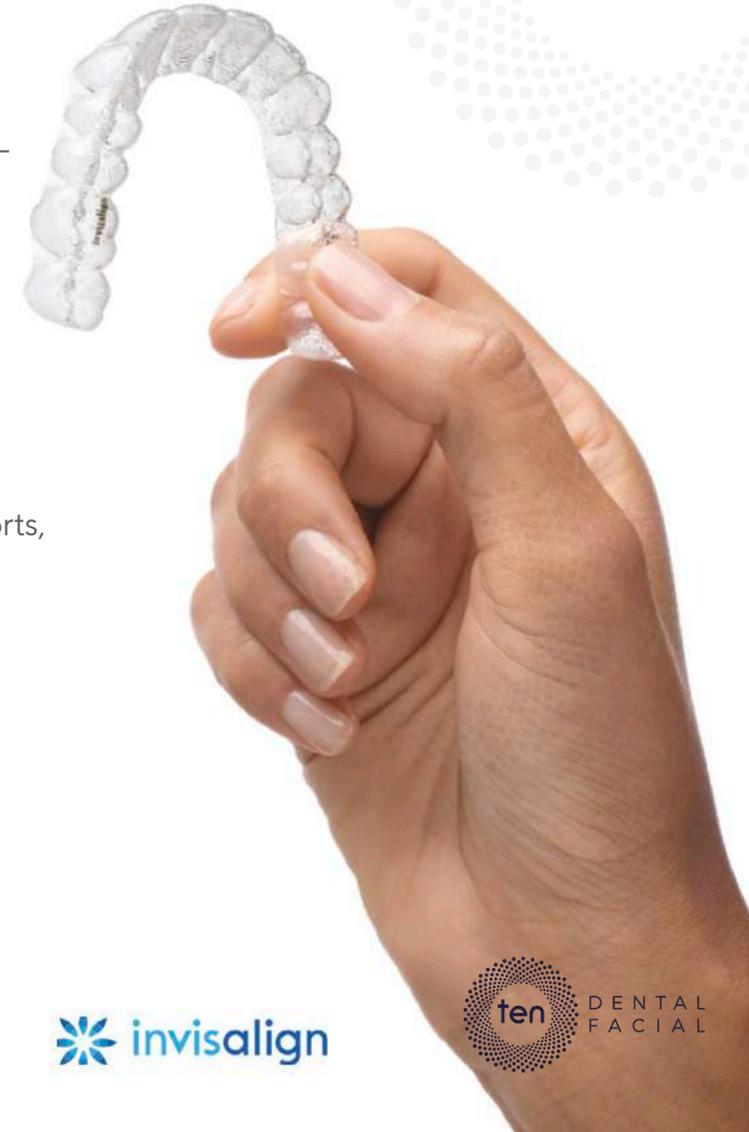
# Invisalign – the clear, removable option

Invisalign is the ultimate modern, clear aligner system for effectively and discreetly straightening teeth. An alternative option to fixed braces, Invisalign may be removed for activities such as eating, singing, teeth cleaning or sports.

Near-invisible and custom-made, the series of clear, plastic aligners fit over the teeth like a mouth guard. Teeth gradually straighten as aligners are replaced every 2 weeks according to teeth positioning and treatment progression.

## Advantages of Invisalign

- Clear plastic aligners designed for direction and to prevent stigma
- Convenience as Invisalign aligners may be taken out as needed for activities such as meals, sports, singing and teeth cleaning
- A comfortable, modern alternative to traditional braces
- Clear aligners replace metal brackets for improved oral hygiene for prevention of tooth decay



# Sophie's Story

Sophie came to us after feeling self-conscious about her teeth for years. With the help of Invisalign and some professional tooth whitening, Sophie now has her perfect smile, and she can't stop showing it off!



# Incognito – the hidden fixed option

A world-class Lingual braces system, Incognito transforms the smiles of many who suffer with misaligned teeth and who have concerns over their self-image. Comprising advanced orthodontic technology, each Incognito Lingual braces system is bespoke to meet the teeth straightening needs to unique individuals. Designed to reduce friction through passive function, Lingual braces effectively enhance facial aesthetics and improve oral function. Orthodontic treatment with Incognito is entirely discrete so that no one will know that teeth straightening is being applied.

## Advantages of Incognito

- Custom made to the oral dimensions of each patient, Incognito braces uniquely transform dental alignment with fine brackets fixed to the rear of each tooth
- High level of orthodontic movement are achieved with comfort
- Light in design, Incognito feels light in the mouth and is not visible
- Less need for adjustments and therefore fewer dental appointments





## Charlotte's Story

Charlotte came to us after feeling self-conscious about her teeth for years. With the help of Invisalign and some professional tooth whitening, Charlotte now has her perfect smile, and she can't stop showing it off!



# Clear braces – the transparent fixed option

Clear braces are either ceramic or plastic braces that are placed on the front of the teeth that will be less visible while moving your teeth. A lot of patients are surprised at how little visual impulse the braces have. We use a system with reduced friction that gently shifts teeth to their correct positions with an advanced sliding system. The reduced friction offered by In-Ovation Braces is possible because no uncomfortable elastics or ties are used. This gives wearers greater comfort and reduces the need for repeat adjustment while still providing effective teeth straightening results.

## Advantages of clear braces

- Treatment duration reduced by 4 months compared to traditional braces systems
- Reduced friction and greater comfort during wear
- Less need for adjustment, therefore fewer dental appointments
- Smile transformation with enhanced facial expression
- Designed without metal and elastic, lowering risk of tooth decay and oral irritation.



Ten Orthodontic Centre Patient

 **In-Ovation<sup>®</sup>R**  
Your choice for a beautiful smile.

# Metal braces - the fixed metal option

Metal braces are, well, metal braces. The systems that we use now are improved as we will use self ligating technology. This allows all the force from the wire to be gently transmitted to the tooth, meaning faster treatment times and less discomfort. There are times when due to the complexity of a case the orthodontist will want to use metal braces, but this will be carefully explained should it be the case. Metal braces tend to be the more cost-effective option and, where cost may be an issue, they work just as well as any of the other options listed in this guide.



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# Inman Aligner - the clear removable option

The Inman Aligner is a removable appliance for crowding or protrusion of the front teeth. The Inman Aligner achieved faster teeth straightening results because it is only used to treat minor orthodontic misalignment affecting the front teeth that are visible when smiling. Those with more severe orthodontic conditions may not be suitable candidates for treatment with Inman Aligner and may have their needs met with an alternate braces system designed for longer treatment. Most cases complete in 6-18 weeks and because it's removable you can take it out to fit with your lifestyle.

## Advantages of Inman Aligner

- Teeth straightening results are evident from six to sixteen weeks
- The removable aligners are convenient for meals, oral hygiene and sports
- Teeth straightening treatments is painless and comfortable
- Discrete smile transformation due to the fine design of components
- An affordable orthodontic treatment for minor teeth straightening conditions



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# Cosmetic Orthodontics – Cfast, Six Month Smiles, QST...

Over the last ten years more and more cosmetic orthodontic companies have started training general dentists to carry out simply orthodontics with fixed braces. Most of the brace systems use clear brackets (take a look at the photos of clear braces shown earlier in the guide). The main difference is that the treatment that is carried out is limited and will only aim to align the front teeth. The treatment won't aim to correct your bite, close large gaps and carry out complex tooth movements. Because the aim of treatment is only to straighten the front teeth these braces systems won't work for more complex cases.

It is important that you discuss what you want your teeth to look like at the end of treatment before you begin. At Ten Orthodontic Centre we make use of the market leading C-fast and Six Month Smiles braces systems.



# Complex orthodontic cases

Complex cases require more planning, more treatment time and sometimes treatment with one or more specialists in order to achieve the best possible result. No matter how complex your case is, some treatment will be possible and we will always strive to achieve the best result possible within the time and financial boundaries we decide.



Ten Orthodontic Centre Patient

# Complex interdisciplinary cases

Sometimes your treatment may require several different dentists to work on your teeth to get the ideal result. You may have a missing tooth that is replaced at the end of treatment, worn teeth that need to be built up into the correct shape, crowns and veneers that need to be changed, a gum line that would look better if it was lifted, recession around some of the teeth or simply want whiter teeth at the end of treatment.

We are a practice that has many different specialists and we are able to offer all of these treatments alongside your orthodontic treatment. The different dentists and specialists are able to communicate effectively and this can lead to some fantastic results.



# Our specialist orthodontists



Dr Annika Patel



Dr Ilias Marinopoulos



Dr Stephen O'Connor



Dr Parmijt Singh



Dr Ektor Grammatopolos

“They were really reassuring.  
I smile a lot more. I have  
more confidence.”

- Arissa



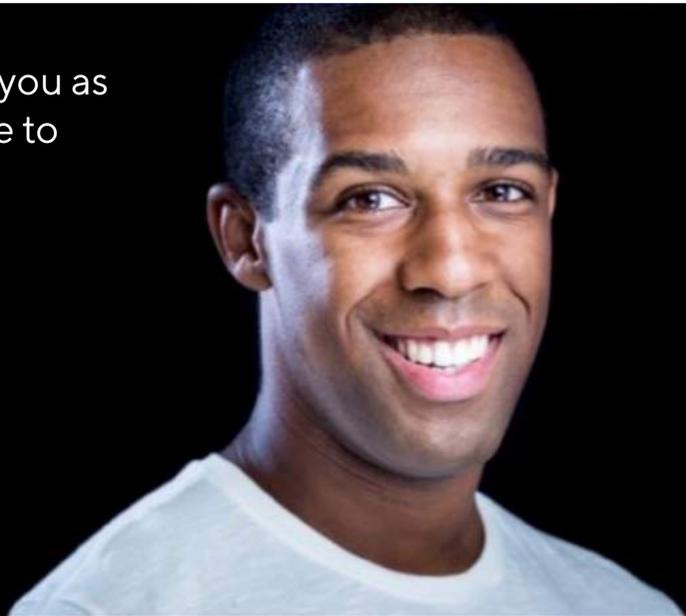
“Ten Dental offered  
me the perfect  
solution - I  
couldn't be  
happier! I  
was overjoyed,  
I cannot stop  
smiling.”

- Charlotte



“They care about you as  
a person. I am able to  
smile without  
covering up.”

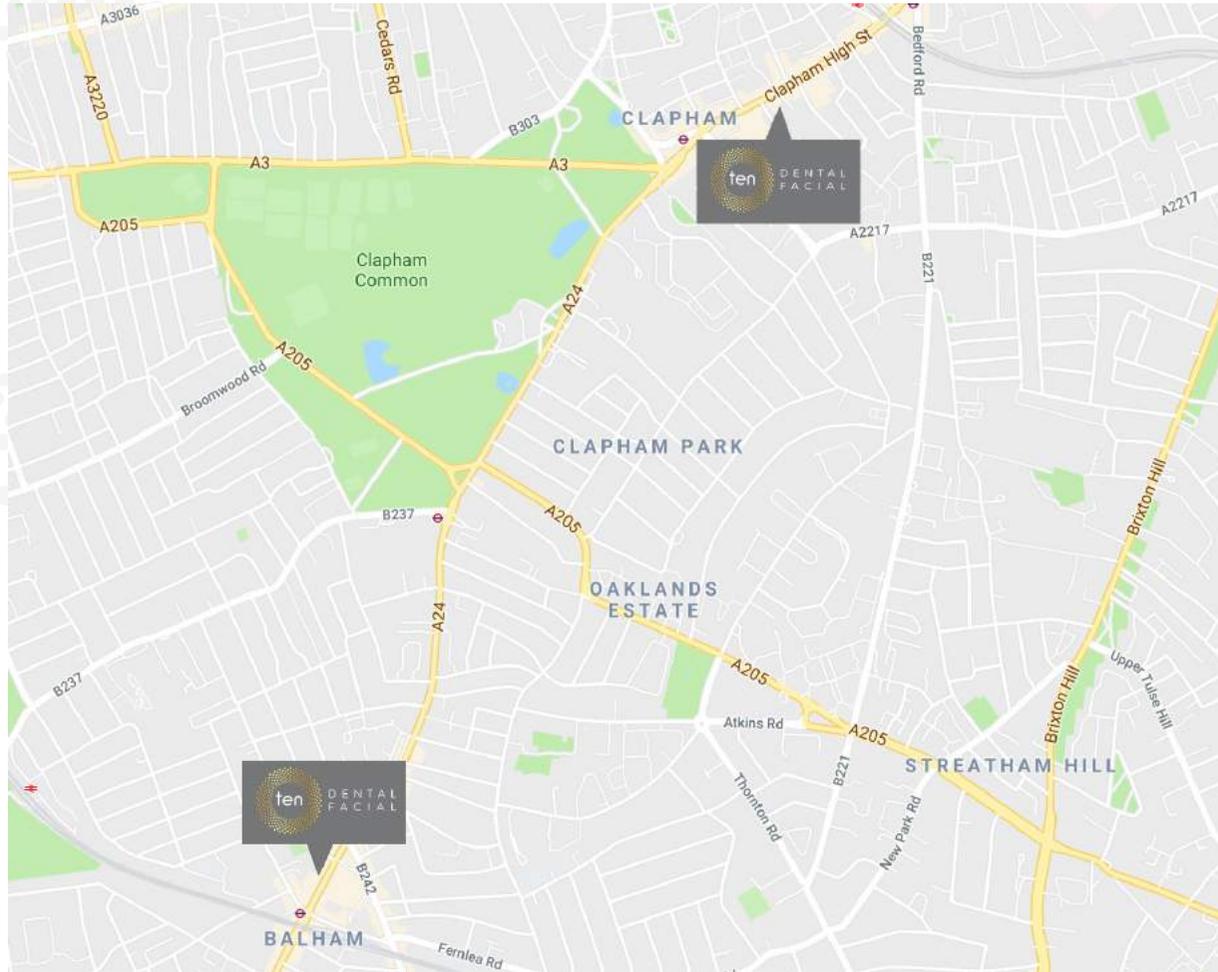
- Liam



“Everything they have said  
has been delivered.”

- Sophie





We always offer a free consultation if you are considering braces. Call us on **0203 432 9785** to book.  
We have practices in Clapham and Balham and offer evening and weekend appointments.

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