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QUALITY
ORTHODONTICS

Email: info@qualityorthodontics.co.uk

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INVESTOR IN PEOPLE



Change your smile, change your life

Amanda Huntley

Manager



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Hawley Retainers



New Retainer

A new retainer feels very strange. It takes time for your mouth to get used to it and will only keep your teeth straight if it is worn as directed. At first speech will be affected by your new retainer, but provided you wear it full time your speech will get back to normal after a day or so.



Cleaning

In the morning, please take your retainer out and clean your teeth thoroughly. This takes 3 or 4 minutes. Clean your retainer all over with your toothbrush. It must be kept in a container when not in your mouth.



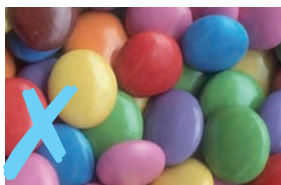
Removal

Softly wiggle the wire clips at the back with both hands.



Bad Habits

It is essential that you don't get in the habit of clicking your retainer up and down with your tongue. Don't ever put your retainer in your pocket as it is certain to get squashed or lost. The only safe place for your retainer is in your mouth or a container.



Eating

You must keep your brace in for meals. At first you will probably prefer softer foods which need less chewing. However, we recommend that you eat the same meals as the rest of the family, but do expect it to take some extra time. The more you practice eating different foods, the sooner you will learn to eat normally. There are virtually no foods that cannot be eaten with these braces, except perhaps whole apples. Consumption of sweet snacks should be low during treatment otherwise your teeth could be permanently damaged.

If you are having trouble with your appliance or it is broken please ring the surgery for advice. If your appliance is broken please continue to wear it until you attend the surgery, unless of course it is hurting you or the pieces are small enough to swallow.



Streetsbrook Road Team

Orthodontists

Dr Sharon Dhillon BDS M.Phil MFDS M.Orth RCS (Eng)

Sharon qualified as a dentist in 1998 and worked in hospitals and general dental practice for four years. Having undertaken a postgraduate training programme in orthodontics at Birmingham Dental Hospital, she became a specialist orthodontist in 2005. Sharon also has Membership in Orthodontics from the Royal College of Surgeons of England and a Masters degree from Birmingham University.

Dr Sudha Sriram BDS (Mds) STat Exam

Sudha has been at Quality Orthodontics for two years. She completed both her dentistry training and a Masters in Orthodontics overseas before working in hospital orthodontics in the south east. Sudha has passed the UK's Statutory International Qualifying Examinations and is listed on the General Dental Council's register.

Support Team

The orthodontists at Quality Orthodontics are very fortunate to work with such a dedicated support team. Their contribution is critical to all aspects of patient care provided at our practices. Norma, our manager and Sue, our senior nurse lead our large team of enthusiastic nurses and receptionists.

Dr Virginia Rootkin-Gray MFDS RCS MSc M.Orth RCS Registered Specialist

Virginia did her undergraduate training at Guy's in London, qualifying in 1999. After jobs in oral surgery, paediatric dentistry, orthodontics and general dental practice, she began her specialist training in Orthodontics at the Eastman and Whipps Cross Hospitals in London.

During this time she gained an MSc in Orthodontics and then Membership in Orthodontics of the Royal College of Surgeons of England. When not at work, Virginia likes to enjoy time with her children and the outdoors.

Dr Sarah Ransome BDS

Sarah graduated in dentistry in 1977 at the University of Sheffield and spent the beginning of her career working in the family general dental practice. She has worked exclusively in orthodontics since 1989 and joined Quality Orthodontics in 1994.

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Welcome to Quality Orthodontics

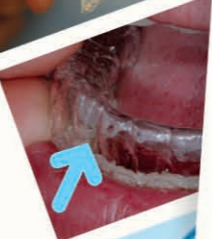
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Quality Orthodontics combines the expertise of its leading orthodontic specialists with a friendly and caring approach, to offer treatments tailored to individual patients.

Established in 1989 the number one aim of the practice, and partners Peter and Mark, has always been to provide the highest quality orthodontic treatment to both children and adults across the West Midlands region.

Essix Retainer

New
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Dr Sarah Ransom

Sarah



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