

*Confidence in your smile*



***“Go that extra mile and  
be proud of your smile”***

Prevention is better than cure,  
maintain a healthy smile.

## To find out more contact us:

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At Chapel Road Orthodontics we believe **‘prevention is better than cure’** which is why we invest substantial amounts of time educating our patients on the importance of good oral hygiene and thereby promoting long term oral health.

Once you have successfully completed orthodontic treatment, you will be fitted with a fixed or removable retainer. It is extremely important to maintain good oral hygiene and follow instructions given by our dental care professionals.

We recommend regular hygiene visits in order to maintain good oral health in those areas which are difficult to clean.

### What is Oral Hygiene?

Oral hygiene refers to the practice of keeping your mouth healthy and clean by following regular and correct tooth cleaning regimes. This helps to prevent the formation of plaque, which is the sticky film of bacteria that forms on the hard surfaces of your teeth, leading to dental decay and gum disease.

### Why is Oral hygiene important?

Good oral hygiene helps to prevent dental problems - mainly plaque and calculus which are the main causes of gum disease and tooth decay, reducing the need for possible future dental treatment.

### What can hygiene treatment do for you?

Our Hygienist provides oral care advice, hygiene instruction plus regular cleaning and polishing of your teeth. Not only does this remove plaque and calculus that is difficult to remove when brushing and flossing but it can also help to improve your confidence by giving you a cleaner, fresher mouth.

### Key benefits

- A confident clean smile
- Prevent gum disease and tooth decay
- Maintain a healthy mouth
- Promotes long term dental health
- Reduces the likelihood for future expensive treatment

### Cleaning with Braces

It is extremely important to maintain good oral hygiene once you have had your braces fitted. It is easy for food, plaque and bacteria to collect around the brackets, bands and wires. This can cause stains and cavities as well as unpleasant odours.

We offer a professional Oral Hygiene Service to help keep both your teeth and gums healthy.

### Cleaning your fixed retainers

It is very important to keep your fixed retainers very clean. You should take special care to clean your retainers when brushing your teeth. We recommend regular professional ‘fixed retainer cleaning’ and oral hygiene visits in order to maintain good oral health in those areas which are often difficult to clean.

### Hygiene and Cleaning

Chapel Road Orthodontics can brighten up your smile with one of our fresh new cleaning packages. Our packages are ideal solutions, restoring confidence to your smile whatever the occasion.

<p><b>IN-TREATMENT CLEAN</b></p> <p>A tailored clean, reaching those difficult to clean areas.</p> <p><b>£40</b></p>	<p><b>HYGIENE VISIT</b></p> <p>Scale, clean and polish plus oral hygiene advice and gum check.</p> <p><b>£45</b></p>	<p><b>TOOTH WHITENING</b></p> <p>Transform discoloured teeth to whiter, brighter smiles.</p> <p><b>From £250</b></p>
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### Oral Hygiene Services:

- Pre-treatment oral hygiene
- In-treatment oral hygiene maintenance
- Post-treatment oral hygiene
- Fixed Retainer Cleaning
- Tooth Whitening