



“What will – and what won’t - stop you straightening your teeth”

I'm too old!

No! You're never too old. Teeth move quickest when you are under 20, but we have patients well into their retirement who have decided that now is the time to treat themselves to that even smile they always wanted.

I don't want people to know I have a brace

This is not a problem – our clear aligners such as Invisalign are almost invisible so no one will know unless you want to tell them.

I have lots of dental work on my teeth

Crowns, dentures and fillings are usually no impediment to straightening your teeth. The only dental work that can be limiting to results is implants, which are solidly integrated into your jaw bone, so won't move. We have to arrange the natural teeth around the implant, which stays as it is.

I have had treatment for gum disease

A history of gum disease does not necessarily mean you can't have braces, but we would need to check your current gum health and your bone levels carefully before proceeding. All teeth need to be cleaned extra carefully during orthodontic work, but for those with previous gum disease this is even more important.

I had braces before and the teeth have moved back

Many of our patients are having braces with us because their orthodontic work in their teens has now relapsed. The most common reason for the teeth moving again later in life is that you have stopped wearing your retainers. The advice we give our patients is that you must wear retainers for the rest of your life if you want your teeth to stay straight.

...And the deal breakers!

You need a healthy mouth, with no active disease, and excellent oral hygiene with daily brushing between the teeth. You also need to be prepared to reduce your sugar and snack intake as all braces will increase your risk of tooth decay. Remember too that the braces only work if you wear them according to the instructions we give you. If you leave them out or don't attend your review appointments you are likely to be disappointed with your results.

Any other questions?

Whatever your concern, get in touch and book a free appointment with our Patient Care Coordinator and we can answer your questions.

Get in touch with us

Book for a free no-obligation consultation to find our more. Just call us on **0121 382 8544** or email smile@nothingbutthetooth.co.uk