

How to look and feel younger

GETTING THE TEETH YOU'VE ALWAYS WANTED IS EASY THESE DAYS - BUT YOU WILL NEED HELP FROM A SPECIALIST

Everyone remembers teeth braces from when they were kids – horrible, ugly things. The tin grin. If you didn't go through that then, why on earth would you want to do it now, as an adult? Well, the thing is, these days things are very, very different.

Some believe braces are only for children, but these days there is a higher uptake of orthodontic treatment among adults than ever.

I'M IN MY 40S, CAN I REALLY BENEFIT FROM BRACES NOW?

It is never too late to have orthodontic treatment. Age should not deter anyone from having a beautiful smile. As long as your teeth, gums and supporting bones are healthy, you can undergo treatment and teeth can be moved, whether you are aged seven or 70.

Technological advances in orthodontics have made braces more acceptable for adults as

THE TRUTH IS THAT AS LONG AS YOUR MOUTH IS HEALTHY, YOU'RE NEVER TOO OLD TO TREAT YOURSELF TO A BEAUTIFUL SMILE

they are easier to wear and treatment times are shorter. These days adults can have clear or tooth coloured brackets and clear plastic aligners which make the brace less visible.

Because everyone is different, the orthodontist will recommend the best course of treatment for you after a thorough examination and discussion of your requirements.

I DON'T WANT BRACES, BUT I DO WANT STRAIGHT TEETH

Invisalign is a near invisible system used by more and more adults to improve their smile without wires or brackets. It allows you to visualise your treatment through animated

visuals, which can be viewed online. A series of transparent trays are designed and custom made by using digitally scanned images of the patient's teeth. Each tray is worn for a few weeks to move the teeth gradually into their new position. Invisalign aligners are removable, and teeth can be cleaned as normal. Teenagers can also benefit from Invisalign treatment. The orthodontist will suggest the best option for you.

CAN I AFFORD THE TREATMENT?

Before you start your orthodontic treatment, the costs will be discussed with you. Convenient payment plans are available, where the cost is spread over a period of time.

SIMPLY ORTHODONTICS OFFERS PRIVATE TREATMENT OPTIONS FOR OVER 18s, AS WELL AS FOR UNDER 18s WHO DON'T QUALIFY UNDER THE NHS



Invisalign – easy to wear, removable and suitable for all ages



While not all children qualify for NHS treatment, the orthodontic specialist will advise all the options

WHAT ARE THE BENEFITS OF ORTHODONTIC TREATMENT?

There are many reasons why you should consider orthodontic treatment. They include:

- A great smile can make you look younger.
- It can also improve your self-esteem.
- You will have an improved bite and a better facial profile.
- The treatment eliminates the abnormal wear of teeth.
- Straight teeth are easier to clean and will improve the health of not only your teeth but also your gums.
- Recreate the desired space required for the placement of a bridge or implant.

NHS TREATMENT

Simply Orthodontics is proud to be an NHS provider for orthodontic care and works very hard to have no waiting lists. Not all children qualify for NHS orthodontic treatment, but your dentist can refer you for an orthodontic

assessment in order to determine eligibility and need for treatment. Alternatively, private options are always available to you.

TOOTH EXTRACTIONS

Professional opinions regarding extractions in orthodontics have changed considerably in recent times. Simply Orthodontics uses the latest technology to deliver the best possible results. Orthodontic treatment may be started without extractions and experts only suggest extractions as a last resort, if alignment or a proper bite cannot be established without doing so.

INSTANT MAKEOVERS

The instant makeover is not always the best for your teeth or your bite. Some dentists promote a quick fix, however, a specialist orthodontist has had extensive additional training and possesses the expertise to provide the most effective treatment in the safest way to improve your smile.



MEET THE EXPERT

Dr Abraham Johannes Henning, Specialist in orthodontics BChD (Pret), MChD (Ort) (Pret)

Dr Henning's passion is orthodontics. He feels fortunate to be part of the orthodontic profession which is exceptionally rewarding. He is dedicated to provide stunning smiles in a relaxed, friendly atmosphere. He focuses on interacting with each individual patient and takes personal interest in educating patients about their teeth.

The support teams at both locations endeavour to make the patient's experience as personal as possible. Simply Orthodontics offers the latest orthodontic treatments in a modern, comfortable environment. Every patient's treatment is planned on an individual basis to ensure the right approach for them.

Professional memberships:

- General Dental Council.
- World Federation of Orthodontics.
- Health Professions Council of South Africa.
- British Orthodontic Society.
- British Dental Association.
- Dental Protection.

Expertise and Techniques:

- Orthodontic care of adults and children.
- Aesthetic and Invisible braces.
- Orthognathic and surgical cases.
- Invisalign.
- Self-ligating systems.

'Both our practices are modern and conveniently located close to a train station. Simply Orthodontics is well-known for its warm and friendly vibe and each patient is made to feel welcome by all our staff,' says Dr Henning.

FOR MORE INFORMATION

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