

## Going to the orthodontist during COVID19 pandemic



### Can I see my orthodontist now?

- As the coronavirus lockdown restrictions are being eased, clinics will start to reopen gradually. We have cancelled 1000s of appointments so please be patient with us.
- You will be given an appointment, as soon as possible, to see the orthodontist to continue your treatment or for consultation if you have been referred for treatment.

### What has changed since I last saw my orthodontist?

- Urgent Dental Care Centres have been operating on an emergency only basis for the last few weeks. Telephone triaging patients to these has been done through practice.
- Now we can slowly start to see patients that require normal brace adjustments.
- We have had to revise our protocols for seeing patients.



### Is everything back to normal now?

- The simple answer is, not just yet!
- We are adapting our working environment to ensure maximum safety for you, your family and our staff.
- You may be asked to come to the appointment on your own. The waiting room will be quieter to maintain social distancing.

### Is it safe to go back to see my orthodontist?

- Yes, it is safe to see your orthodontist. They have always maintained the highest standards of cross infection control and the safety of their patients and teams is of utmost importance to them.
- The team will have additional protocols in place to keep you and their staff safe.

### Why is my orthodontist dressed differently?

- Your orthodontist and nurse will dress differently than they did when you last saw them before the lockdown.
- However, **don't worry**, this is normal procedure to ensure that any risk of virus transmission is kept to an absolute minimum.
- They will be wearing different types of PPE (Personal Protective Equipment) to minimise any microbial/virus transmission.
- Depending on the type of brace adjustment, they might wear different types of face masks, eye protection and gowns.



**Example of PPE worn for “less complex”  
procedures**



**Example of PPE worn for “more complex”  
procedures**

### What procedure will I have on my first visit back to my orthodontist?

- If you have pain/discomfort from a broken brace, the orthodontist will aim to get you out of any discomfort as quickly as possible.
- Normal brace adjustment *may be* carried out on the first visit. Alternatively, your orthodontist may check on your progress and rebook you for brace adjustment.

### Before the lockdown, I was scheduled to have my braces off, is this still going ahead?

- This is dependent upon individual circumstances. However, it is unlikely that this will still go ahead as teeth may have moved and will need final adjustments before the braces can be removed.
- Please check with your orthodontist when you see them.

### Will my orthodontic treatment be prolonged because I haven't seen my orthodontist during the lockdown?

- Orthodontic treatment can vary on an individual basis and depends on several factors including the type of brace currently worn, the overall treatment plan, whether dental extractions have been carried out as part of the treatment and the stage of your treatment.
- It is inevitable that the duration of your treatment may be extended as a result of the pandemic. However, your orthodontist will try to minimise any further delay, hence you are being seen as quickly as possible!

### Remember

- The **team** may wear different types of PPE than when you last saw them.
- Your appointment will likely take longer than previously.
- On your first appointment, the priority will be to get you out of pain/discomfort and possibly to have minor brace repairs/adjustments.
- You are unlikely to have the braces off at your first visit back.
- If you have any further questions, please consult your orthodontist.

### Further information:

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