

Arnica Dental Care Orthodontic treatments



Hello, I am Goldie Songra, Arnica's Orthodontist

I have 15 years' experience in treating children and adults with a broad range of contemporary Orthodontic treatment techniques.

I work together with patients to help them achieve a positive body image and a beautiful, healthy smile.

I tailor my treatments uniquely to your individual needs so that you get the best results. I believe everyone can have an enjoyable dental experience and I'm committed to treating every one of my patients in a caring, conscientious and compassionate manner.

Goldie Songra
(BDS, DDS, MFDS RCS Eng, MOrth RCS Eng, FDS Orth RCS Eng),



What is orthodontics?

Orthodontics is the specialist area of dentistry focussing on straightening teeth.

Orthodontic treatment corrects alignment for crowded and bunched teeth, gaps, protruding teeth and misaligned bite patterns, using a variety of braces and orthodontic appliances.

In younger children, it is possible to detect these problems and prevent them from developing with early interventions.

Orthodontic intervention helps people of all ages benefit from straighter teeth, providing real functional improvements and, of course, the increased confidence from a winning smile.



Why choose Arnica Dental Care?

Exceptional results

Simply put, our goal is achieving the best results for our patients as fast as possible.

Award winning patient care

Providing the very best patient experience is very important to us. Arnica has won several awards for patient care and is the region's specialist in treating nervous, anxious and dental phobic patients.

A Centre of Excellence

We are recognised as a Centre of Excellence for key treatments and care as well as being at the forefront of minimising discomfort and anxiety using sedation.

Trusted by over 100 referral dentists

We are trusted by over 100 regional dentists who refer patients to us for complex surgical procedures and for treatment requiring sedation.

Highly experienced, UK-trained team

The Arnica team is highly qualified and we specialise in a wide range of treatments. Our Principal Dentist Dr Ellie Ledger is one of the most experienced dental professionals in the region.

Specialising in minimising anxiety and discomfort

For years Arnica has been developing the best gentle dentistry techniques and investing in the latest technology to help you relax and feel more comfortable.

You're in very safe, experienced hands

"I am very pleased, and very proud that Goldie has joined the team as Arnica's Orthodontist. Not only is Goldie one of the most qualified and experienced Orthodontists in the region, he has a Doctorate in Dental Surgery, is currently a Fellow of Dental Surgery in Orthodontics at the prestigious Royal College of Surgeons of England and is also a full time Orthodontic Consultant at the Royal Worcestershire Hospital, where he's involved in postgraduate training to Consultant level. He is also an examiner for the Royal College of Surgeons of Edinburgh and the Chair of the Orthodontic Managed Clinical Network for Herefordshire & Worcestershire where he leads initiatives to improve and advance Orthodontics in the region."

Ellie Ledger, (Practice Principal) BDS (Wales) FDSRCS (England)



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Orthodontics for children

Giving your child a winning smile for the rest of their life is a wonderful way to help them achieve a positive body image. As well as the obvious aesthetic benefits, children's orthodontic treatments correct a great many alignment and bites issues that can hamper oral health, confidence and self-esteem.

Children's braces are very effective once their adult teeth are through, and today's teenagers are very accepting – braces are often a fashion accessory. Beautiful teeth alignment provided by our expert pediatric orthodontist is an investment in your child's future. Around a third of all children can benefit from orthodontics treatment.

- Our specialist orthodontist Dr Goldie Songra has extensive experience providing unique treatment plans for children.
- Don't wait for problems to develop, timely intervention can often mean a more efficient, shorter treatment plan.
- Choose from a variety of Children's braces, traditional, ceramic, or the invisible, removable Invisalign Teen
- The colour options available with fixed braces mean your child can have fun with it too.



Interceptive orthodontics

By monitoring the development of your child's teeth before their adult teeth have finished coming through, our orthodontists can create a preventative orthodontics treatment plan to address any crowding and bite problems. A minority of children can benefit from treatment starting as young as seven years old, to avoid dental issues when they are older.

It's worth having an early consultation for your child if you have any concerns at all about their teeth. Acting early can prevent the need for more complex orthodontic treatment as a teenager. Through X-rays, our orthodontist will also be able to tell if there are issues that might affect how their adult teeth come through.

- Establish what kind of smile your child will have as an adult.
- Treatment for a variety of issues that can go on to cause damage: crowding, protruding teeth, underbite, crossbite.
- Interceptive orthodontics can identify missing teeth, extra teeth, impacted teeth.
- Extractions, temporary use of orthodontic appliances or space management may avert problems later.
- Ask us about an appointment to see if your child will benefit from an early intervention.



Orthodontics for adults

It's never too late to get that winning smile. We can straighten your teeth and at any age, as long as your teeth are suitable for treatment. Our specialist orthodontist can provide expert correction of serious complex problems in adults, or perhaps you're looking to make cosmetic improvements to your front teeth.

Today's range of treatment options include very discreet and convenient alternatives, including the invisible, removable Invisalign system. Adult orthodontics appliances are very effective in correcting long standing conditions and they are more comfortable and convenient than ever.

- Braces for adults can be completely invisible.
- Improve your bite function and prevent other issues such as gum disease or tooth decay.
- Straighter teeth are easier to clean and maintain a healthy mouth.
- Boost your confidence and self esteem with a smile that you are proud of.
- Take control of your appearance and develop a more positive body image.



Orthodontic treatments available at Arnica

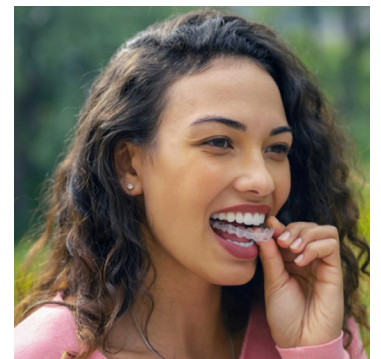
Invisalign Invisible Braces

How do they work

Invisalign is an advanced orthodontic system using transparent aligners (braces) to straighten teeth. Invisalign braces use no brackets or wires and can be removed by you at any time. Unlike normal, fixed braces they are made from smooth, clear plastic and are comfortable and virtually invisible.

A series of computer-generated transparent aligners are custom made from smooth clear plastic, which you can wear when it's convenient for you. Invisalign invisible braces work by gently and discreetly putting pressure on your teeth to align them, resulting in straighter, evenly spaced teeth.

- An Invisalign assessment identifies which option is best for you
- Digital scan or impressions of your teeth and gums are taken to produce a digital treatment plan
- ClinCheck® 3D digital treatment plan
- A series of computer-generated aligners realign your teeth
- Retainers to wear when convenient (e.g., when in bed)
- Trays for on-going teeth whitening (if required)



Why choose Invisalign invisible braces?

Invisalign is the world's most advanced invisible braces system to enhance your lifestyle with straighter, evenly spaced, whiter teeth. They are much more comfortable than fixed braces. Not only are they removable so you can wear them when it's convenient for you, they are virtually invisible!

Invisalign braces have very few food restrictions and you don't need to wear them when it's inconvenient. You can live a normal life with much less interference as your smile is gently transformed. Get that winning smile and keep living the life you love, with virtually invisible, comfortable clear aligners that have little or no negative impact on your lifestyle.

- Almost invisible!
- Removable
- No brackets or wires
- Few food restrictions
- Live a normal life
- Gently transforms your smile

Ceramic braces

How do they work?

Ceramic braces use clear and white brackets and coloured wire to be less visible than traditional braces. Being fixed, they will move your teeth faster than removable options and the more discreet appearance and colour options make them popular for people who may feel self-conscious and want a less noticeable brace.

They are potentially worn a little longer than metal braces and they can be less durable during physical activity. However, they are a great combination of effectiveness and aesthetic appeal. They provide the precise individual control of a metal brace while visually blending in with your teeth.

- Clear (tooth coloured) ceramic brackets and thin wires with colour options.
- Attached to the front of your teeth and work just like metal braces.
- Fixed and worn for the whole treatment period.
- Move teeth more quickly than removable braces.
- Recommended if you have all your adult teeth and no longer growing fast.
- More affordable than Lingual and Invisalign.



Why choose ceramic braces?

If the idea of metal braces puts you off or you are self-conscious about your appearance, then clear ceramic fixed braces can be a huge advantage. You'll be amazed at how well they fit in with your smile and they are barely noticeable in pictures.

Tooth coloured ceramic braces are more comfortable than traditional braces as they use smaller, more rounded brackets that are less likely to cause any irritation. The latest materials mean they don't stain easily, and younger patients enjoy using coloured bands to make a statement.

- A very discreet visual appearance using tooth coloured brace materials.
- Faster results than removable options.
- Very effective for teeth that require a lot of movement.
- Easy to remove once your treatment is complete
- Less irritation than traditional braces so more comfortable to wear.

Traditional braces

How do they work?

Traditional, metal braces are the most common type of brace, using stainless-steel brackets attached to the front of each individual tooth, with arch wires connecting them together. They remain in your mouth for the entire treatment period, and they slowly move your teeth into the correct new position exerting a constant gentle pressure.

Of the different brace types, metal traditional braces provide very precise control over each individual tooth and can achieve results quickly. Fitting them requires a 1–2 hour painless visit and once the treatment is completed and the metal brace is removed, it is common to then wear a removable retainer for a period afterwards to keep that winning smile.

- Fixed onto the front of your teeth at the beginning of the treatment and periodically adjusted every 6-8 weeks.
- Corrects a wide range of issues: crowded and crooked teeth, overbites and underbites.
- Customisable wire colours available as well as the traditional silver brace colour.
- Typically worn for 12 to 24 months.
- Some hard or chewy foods are best avoided.



Why choose traditional braces?

Traditional metal braces are a versatile and effective solution for all sorts

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of teeth alignment and bite issues, especially more extreme cases. They provide fast acting correction, and they are made using very durable materials, so are unlikely to break from physical activities.

While other types of braces are more aesthetically discreet or removable, today's metal traditional braces are much smaller and much less noticeable than you may remember from a few years ago. Because they remain in your mouth for the entire treatment, they provide continual care and can't be misplaced.

- Traditional braces are suitable for all ages; children, teenagers and adults.
- Predictable and reliable results.
- Quick and continual correction for even the most extreme cases.
- Allows your orthodontist to control very precise movements for each individual tooth.
- More affordable than some other types of braces.

Orthodontic fees

Fixed Braces (metal OR Ceramic) Price on consultation **£121.00**

Invisalign (price on consultation) FROM* **£3723.00**

*** Lite package**

Interest-Free, the smart way to pay for orthodontic treatment

Don't let finance prevent you from enjoying the benefits of a beautiful natural smile. Spread the cost with our interest free and interest bearing finance options on treatments between £500 and £50,000

Benefits to you of our affordable finance options:

- Make treatment instantly affordable by allowing you to spread the cost.
- Greater choice of treatments, so you can choose the one perfect for you.
- Payment terms that are best suited to your financial circumstances.
- No up front deposit option, so you can avoid dipping into your savings or having to find a lump sum to start your treatment.
- Makes treatment more affordable by allowing you to spread the cost.

(Please note that finance should not be taken out before your treatment plan has been finalised/signed off by your dentist.)

Book an appointment today with either Dr Goldie Songra or Toby Mitchell-Innes

Please call 01242 655554 and speak to one of our lovely receptionist who will be able to help. 13-04-23

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