

# Orthodontics for All



All Around  
Big Smiles

#### Front Cover:

A mother and her daughter  
Gabriela Jóna Ólafsdóttir, a student  
and Herdís Anna Þorvaldsdóttir, MBA

#### Back cover:

Three generations in orthodontics  
Árný Guðjohnsen, a secretary  
Ragný Guðjohnsen, a lawyer  
Jón Magnús and Margrét.



Jóhanna Vala Jónsdóttir,  
Miss Iceland 2007

### Orthodontics for adults

We have all heard about orthodontics for children and teenagers. It is clear to us who make a living from straightening these young people's teeth how even teeth and a beautiful smile can boost their confidence. Orthodontics can make a difference by making people feel good about themselves and thus improve their quality of life.



### Face and Teeth

The teeth are a big part of our facial image and our smile. Therefore it is not surprising that many of the parents, whose children have been treated by us, ask about orthodontics for themselves after seeing the change it has made in their children's smiles and looks.

Many adults never had the opportunity to have orthodontics in their youth, and would like to change that. Sometimes grinding of teeth has caused tooth wear, and teeth have become more crooked which can lead to loss of teeth in adults if left untreated. Most of the people who seek treatment with us do so because they dream of a more beautiful smile. The face is important to all of us, and it is a fact that those who are satisfied with their looks tend to have more confidence in themselves, and even find it easier to accomplish their goals in life. If you think that the straightening of your teeth can improve your looks and boost your confidence, then orthodontics might be what you are looking for.

All Around  
Big Smiles



Yrsa Sigurðardóttir,  
An author and an engineer



Margrét Sverrisdóttir  
A member of the city council



Jón Gunnsteinn Hjálmarsson,  
An accountant.



### Braces placed on the inside of the teeth.

We were among the first dental clinics in Iceland to offer orthodontic treatment with braces placed on the inside of the teeth. That kind of treatment is much more complicated and more time consuming, so it is fair to assume that the cost is much higher than that of a regular orthodontic treatment. The overall treatment time does not have to be much longer, but regular visits to the clinic take more time and are therefore also more expensive.

### Is orthodontic treatment for adults more expensive than it is for children?

The clinic follows a price rate which is the same for adults and children. As has been mentioned before, there is no basic difference in their treatment. Adults usually have had their teeth repaired more often, and some have had crowns placed over one or more teeth. That may have to be altered in order to reach the perfect results we are looking for, which can complicate the treatment and increase the final cost. We try to evaluate and estimate all such expenses as closely as possible at the beginning of the orthodontic treatment.

### Orthodontics for adults - Are they more difficult than for children? Are they more time consuming?

Orthodontic treatment for adults is basically the same as it is for children and teenagers. Conventional orthodontic treatment usually takes about 3 years. The time the treatment takes depends mainly on the health and cleanliness of the teeth and their surrounding area. The treatment can take longer if teeth need to be fixed due to tooth decay or if one or more teeth are missing. In such cases co-operation with other dentists may be needed.

### Is orthodontic treatment very painful?

After the braces have been placed on your teeth a considerable tenderness can be expected for 3-5 days, but it should fade away completely in about 2 weeks. You can also expect some discomfort for 2-4 days after each visit to the orthodontist. Apart from that there should be very little inconvenience.

### Do the braces have to be visible?

More and more adults are wearing orthodontic braces these days. The braces can hardly be said to be beautifying and many people want them to be inobtrusive. To meet our clients' wishes we can offer them regular steel braces, golden braces, or white braces as well as invisible braces which are placed on the inside of the teeth.



The Way to a Beautiful Smile



Big Smiles All Around



Bjarni Bærings,  
a chemist



### How long between appointments / visits?

At the beginning of the actual orthodontic treatment, a period of 5-6 weeks may pass between visits. During the last six months appointments will be made every 3 weeks. A total of about 40 visits will be made during the orthodontic treatment.

### Orthodontics are expensive. -Are there any payment-plans available?

Our clients can divide the cost without interest as long as regular payments are rendered during the time of treatment. VISA and MC loans and payments are accepted. A family discount is given to those whose children have been treated by us.



Hekla Sól Hafsteinsdóttir

### Will the orthodontic treatment last forever?

We often get the question whether teeth will move back to their former position after the braces have been removed. Our reply is: We do not accept regression! In order to avoid that, and to support the teeth while they are recuperating after the treatment, we spend a long time at the clinic for the last 6-9 months before the removal of the braces. A correct bite has to be carefully worked out, and fixed orthodontic appliances on the back of the teeth is necessary to avoid dislocation of the bite later on. It is not enough to offer removable appliances only after an orthodontic treatment.

Our objective is to ensure that the orthodontic treatment as described in this brochure will give you the optimum results and a source of lifelong satisfaction.

Welcome to our website, [www.teinar.is](http://www.teinar.is), where you can find information about orthodontics and our clinic. You can also make inquiries on [teinar@teinar.is](mailto:teinar@teinar.is).



When browsing through this brochure you will find pictures of some of our satisfied customers. Age is not an issue when it comes to orthodontic treatment, as can be seen in the picture above this text. Three generations of people within the same family who have all been treated by us!!



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