



Hampstead Dental Specialists  
DENTAL PRACTICE

# Dr Robert Katz

BDS, MSc Dent (Rand), MS Orth (Ohio State)

Orthodontist



Dr Robert Katz specialises in crafting beautiful smiles for his Child and Adult patients. He is highly experienced and works with other dental specialists to provide his patients with excellent long lasting results. Robert has expertise in all orthodontic treatment systems from the traditional to the new computer assisted invisible systems.

After receiving his dental qualification in 1985 in Johannesburg South Africa, Robert worked as a General Dental Practitioner. In 1986, Robert went to the Ohio State University in the United States, and in 1990 graduated with a Masters Degree in Orthodontics. Robert is a member of the British Orthodontic Society, British Dental Association, American Association of Orthodontists, and the Alpha Omega International Dental Fraternity.

## What is Orthodontics?

Orthodontic treatment is a way of straightening or moving teeth, to improve their appearance and function. Straightening teeth can also help the long-term health of the teeth, gums and jaw joints, by spreading the biting pressure over all the teeth correctly and evenly.

There are many different types of orthodontic appliances to help straighten teeth. The most common is the fixed braces on the front surfaces for the teeth, they now come in either metal or ceramic (tooth coloured). There are braces that fit on the inside of the teeth called Incognito™ they straighten your teeth in the same way except they are not visible. If you want your orthodontic treatment to be less obvious, there are removable braces called Invisalign®. Invisalign® are thin plastic trays which fit over the teeth. They are made by a computer which designs the trays to the measurements required to move the teeth into the correct position.

## How do I know what's the best option for me ?

Your restorative dentists will help diagnose whether you would benefit from braces, they will then refer you to Dr Katz for an initial assessment. During this appointment Dr Katz would take measurements of your bite and jaw function. Special x-rays called OPG and Ceph will be required to help with a full clinical diagnosis. Once Dr Katz has all the records he will explain your options for treatment, outlining the pros and cons to help you make the right choice. We will then present you with your treatment plan and one of the administrative team would be able to start scheduling your appointments.

## Why should I have Orthodontic Treatment?

Many people have crowded or crooked teeth. Orthodontic treatment will straighten or move your teeth them into a better position. This improves their appearance and your smile, the way the teeth bite together, whilst also making them easier to clean.

In some patients the upper front teeth can stick out and look unsightly. These 'prominent' teeth are more likely to be damaged, but orthodontic treatment can move them back into line. For other patients, the way the upper and lower jaws meet can cause teeth to look unsightly which leads to an incorrect bite. When the teeth don't meet correctly, this puts strain on the muscles of the jaw, causing jaw and joint problems and in some cases headaches. Orthodontic treatment can help you to bite more evenly and reduce the pressure and tension.

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## Frequently Asked Questions

Q. How long will it take?

A. The length of treatment depends on how severe the problem is. Treatment can take anything from a few months to two years.

Q. Will it hurt?

A. The braces may feel strange to begin with and can cause a little discomfort. The braces can feel uncomfortable immediately after adjustment but this will settle.

Q. How successful will it be?

A. The success of your treatment depends on the compliance of the patient and the skill of the orthodontist. It is important to attend regularly and carry out any instructions given by the orthodontist. The treatment will not be successful if the patient does not follow instructions and continue with the after care in wearing retainers after the treatment has been completed.

Q. Can orthodontics damage my teeth?

A. Your teeth can be damaged if they are not properly looked after during treatment. Poor cleaning and too many sugary food and drinks can cause permanent damage and decay. Brackets, wires and braces can trap food and cause more plaque than usual to build up. So the teeth and appliance need to be cleaned very thoroughly, regular hygiene visits and examinations from your dentist will help to prevent any problems. The roots of the teeth can shorten due to the movement, but this should not effect the tooth.

Q. What happens when the teeth are in the right position?

A. When treatment is finished the teeth need to be held in their new positions. This period is called retention, and the appliances that hold the teeth in place are called retainers. The retainers hold newly straightened teeth in position while the surrounding gum and bone settles. The retainers can be removable or fixed depending on the original problem.

Q. Is orthodontic work permanent?

A. Even after retention, it is normal for minor tooth movements to happen throughout life, so no permanent guarantee can be given. However, it is unusual for teeth to alter enough to need further treatment if the retainers are worn as prescribed.

Q. Will I need to have teeth removed to make room?

A. There may not be enough room for all your permanent teeth and so it may be necessary to take out some teeth to make space. The Orthodontist will decide whether this is the case, and refer you back to your dentists or surgeon for the extractions. Sometimes space can be created using other forms of treatment.

Q. What is a functional appliance?

A. It is sometimes possible to change the way the jaws grow, using functional orthodontic appliances. These functional appliances are usually removable and use the power of your jaw muscles to move the bone and teeth.

Q. What is a removable appliance?

A. Simple treatment maybe able to be carried out with a removable appliance. A removable appliance is a plate that can be taken out, It has delicate wires and springs attached, which move the teeth using gentle pressure.