

# Orthodontic Patient Information Leaflets

The patient information leaflets have been produced by the [British Orthodontic Society](#) and provide useful information about various aspects of Orthodontics.

[Adult orthodontics](#)

[Dummy and thumb sucking habits](#)

[Fixed appliances](#)

[Functional appliances](#)

[Headgear](#)

[How to keep your teeth and gums healthy](#)

[Impacted canines](#)

[Interproximal reduction](#)

[Mouthguards](#)

[Orthodontic treatment](#)

[Orthodontic treatment, what are the risks?](#)

[Orthognathic treatment](#)

[Protraction headgear](#)

[Rapid maxillary expansion](#)

[Removable appliances](#)

[Retainers](#)

[Why its important to stop smoking](#)

[So you're going to see the Orthodontist](#)

[Teeth and brace friendly food and drink](#)

[Your first visit to the Orthodontist](#)