



# Specialist Orthodontics at Cathedral Square, Peterborough

Consultant Care Provided by an  
internationally recognised Orthodontist

**Dr Richard Cousley**

BSc, BDS, MSc, FDS, MOrth, FDS(Orth) RCS

TOTAL

Dentalcare

CATHEDRAL SQUARE

local ■ dental ■ excellence

# What is Orthodontics?

This is the speciality of dentistry concerned with the alignment of irregular teeth and jaws. Orthodontic treatment improves dental health and function, plus nowadays we focus on creating an attractive smile in harmony with facial appearance. Therefore, modern orthodontics, in the right hands, can produce many more benefits than simply straightening your front teeth.

## What are the benefits of a consultation with Dr Cousley?

Whilst some general dentists carry out simple orthodontics only a small number of dentists gain entry on a three year full-time specialist training program to become an orthodontist (recognised by qualifications such as MOrth RCS) and fewer still progress onto consultant level, able to diagnose and treat the full range of orthodontic problems at all ages. We are proud that Dr Richard Cousley has achieved this status, with the expertise to provide a fully comprehensive orthodontic service. Furthermore, Richard has won a national Clinical Excellence Award for his clinical expertise, technique innovations and research. He is widely recognised in terms of:

- Providing high quality and personal care, as recognised by the dentists and doctors (both locally and from further afield) who've requested treatment for themselves and their children
- Providing second opinions, and performing both complex & re-do treatments
- Refining new techniques, eg Richard was the clinical designer of the 'Infinitas' mini-implant system & is the clinical consultant for 2 UK based aligner (Invisalign-type) systems
- Lecturing on new techniques to orthodontists in the UK, Europe and the USA
- Author of a textbook on new treatments involving mini-implants (published in 2013)
- Associate Editor for the Journal of Orthodontics (which has a worldwide distribution)
- Speciality examiner for the Royal College of Surgeons of England
- Committee member, the British Academy of Aesthetic, Restorative and Implant Dentistry

## How can I (or my child) receive Orthodontics from Dr Cousley?

We provide a private orthodontic service which means that you can book an appointment directly, although the norm is for your dentist, orthodontist or doctor to send us a referral.

At the consultation you will receive a detailed specialist examination and a discussion of the appropriate treatment options (tailored to your specific needs). This is followed up by a written report.

You can be confident that we will provide you with 21st century treatment, yet in a traditional, personal and friendly manner, using state of the art clinical techniques and appliances such as:

- Fixed braces, using either low-profile metal or aesthetic (tooth-coloured) attachments
- Orthopaedic braces, for jaw growth modification
- Transparent aligner (removable) braces
- Snoring appliances

## Before and after example pictures of our patients



Non-extraction crowding and bite corrections in a teenager



Crowding and bite corrections in an adult

But, ultimately it's about giving you the confidence to smile... and be yourself



## Find us

Total Dentalcare is located in Cathedral Square outside the Queensgate Shopping centre.

We are on the third floor of Market chambers located next to Boots opticians and Valarie patisserie. Our floor is accessed by stairs or lift and is suitable for disabled access.

**Peterborough Train station:** 7 minutes

**Peterborough Bus station:** 5 minutes

**Nearest Pay and Display parking:** 2 Minutes

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