

little stigma associated with traditional fixed appliances among schoolchildren. Child patients look forward to picking the colour of the elastics to fit on the brackets; matching football team colours is particularly popular, although it can sometimes seem like hours have passed waiting for a patient to decide which colour they want that visit! It gives the patient a greater sense of involvement in their treatment which is a good thing.

Adults are generally much keener that their appliances are more discreet. At the practices we offer ceramic labial appliances, Invisalign clear aligners and also lingual appliances as alternatives. Lingual braces in particular have come on in leaps and bounds in the past ten years and can now achieve just as good results as traditional fixed appliances.

It felt great to be nominated for the Against the Odds award because the award is about the patient's experience and how their lives and self-esteem are improved as a result, which for me is what orthodontics is all about. The patient, Joel's malocclusion was certainly more challenging than most. However, he was very co-operative and did everything that was asked of him. We were all delighted he was happy with the outcome and it was a real privilege to see him grow in confidence as a result.

I usually get home from work for 5.30 pm so I can spend some time with the children before they go to bed. I work a full week – as a relatively new business owner the practices do take up quite a bit of my time – but I don't work weekends and more recently I've been able to take more time off than in the past. This has largely been due to the help of the orthodontic therapists who are a brilliant addition to the orthodontic workforce. I also have a fantastic associate and a great dental team. I really value the work they put in to make sure we provide as good a service as possible for our patients.

I don't have a great deal of time for hobbies with the businesses and a young family. To relax, whenever I can I try to close my eyes and look at the inside of my eyelids for as long as possible!

I think the most important thing in life is to have good quality relationships with the people who matter to you: to enjoy time with friends and to have a long and happy family life.

INTERVIEW BY KATE QUINLAN

BOOK REVIEW



OXFORD HANDBOOK OF ORAL & MAXILLOFACIAL SURGERY

Luke Cascarini, Clare Schilling,
Ben Gurney and Peter Brennan
Oxford University Press
price £26.72 pp 292
ISBN 9780199583294

Forming one part of the successful, well-recognised series of 'Oxford Handbooks' for clinical specialities, this book takes the reader through a logical sequence of chapters, starting with the basic sciences, including anatomy, dental occlusion and examination techniques; through to more advanced learning, including skull fractures, oncology and emergencies (eg retrobulbar haemorrhage, bleeding and the compromised airway). Each chapter is well illustrated with photographs, radiographs and systematic diagrams.

As a maxillofacial senior house officer (SHO), I find this textbook a valuable, quick and easy-to-read resource to refer to when on clinic, in accident and emergency or in theatre. In addition, it is pocket sized and vinyl covered, making it practical to carry around and easy to keep clean. A particular highlight is the section on suturing facial lacerations – a 'bread and butter' element of any SHO's toolbox of clinical skills. This chapter details the key points for lip, ear, eyebrow, eyelid and nose lacerations, as well as general principles, avoiding any unnecessary superfluous information.

I feel this textbook should have a place on all SHOs' bookcases, supporting and revising the more advanced science covered in other core textbooks. For those who are preparing for postgraduate examinations the section on basic knowledge and oral medicine is particularly useful, covering common exam topics such as the attachments of muscles of mastication and blistering diseases.

The strength of this textbook is in providing an easy-to-read and understandable guide to the maxillofacial subjects, combining relevant best practice evidence with comprehensive explanations of current treatment methods and applicable clinical advice. I would not hesitate in recommending this textbook to fellow SHOs, more senior colleagues or general dental practitioners wanting a quick reference guide and update to the core area of this subject. It is also very affordable and online e-book versions are available.

L. BOVENSIEPEN