



## DAY IN THE LIFE

President of the **Orthodontic Society of Ireland, Dr Katherine Condren**, talks to Vincent Ryan about her busy working day



### Morning

I get up at 7.30am. My husband Charles brings me up a cup of tea in bed and that is my kick start. I start my day's work at 8.30am when the first patient arrives. My practice in Terenure is adjoining my house so I don't have any commute. I see my longer appointments in the morning, including appointments to place braces, remove braces, present treatment plans and sometimes examine new patients.

My patients range from very complex adult patients requiring jaw surgery in combination with **orthodontics**, and complex child patients, through to quite mild cases that want that 'Hollywood' smile. There is always a percentage of patients that had **orthodontic** treatment when they were teenagers and didn't wear their retainers and now their teeth have crowded again and they want their straight teeth back. Sometime I see adult female patients that want their teeth straightened prior to their wedding day or special birthday. I take special pleasure in treating these patients and make a note of the big date and then do my best to make it. I greatly enjoy that. My favourite appointment of the day is removing braces. On occasion I get a big bear hug for giving people the smile they always wanted and increasing their self-confidence. Not too many jobs can boast that. Having placed braces, I have a long chat with the patient and/or parents about what to expect, what foods to avoid, how to care for the braces, and I give them all they need to get started, including a sports guard.

I am very keen for people to understand that it is never too late to have **orthodontic** treatment. As long as the teeth and gums are healthy, most poorly-aligned teeth (malocclusions) which are either inherited or caused by accidents, thumb, finger or dummy sucking or premature loss of baby teeth, can be moved at almost any age.

### Afternoon

I stop for lunch usually from 1pm to 2pm. As the practice is attached to the house, I can get lunch ready and put a wash in the machine at the same time. If my son Eamon is home from school for lunch, I get to say hi to him. Usually the afternoon is made up of shorter appointments such as the regular appointments to adjust appliances that I have fitted to straighten teeth. I regularly update parents of children I treat as to their child's progress or lack of oral hygiene, as occasionally happens. The shortest appointments, such as checking retainers, are left to the end of the day.

### Evening

I finish at about 5.30pm. If I am very tired I might sit and have a cup of tea prior to making the dinner. A few evenings a week I bake. I have always loved baking and would prefer to bake a cake than make a dinner. Then I might head out, bringing Hannah or Eamon, whichever child needs to go to the evening activity they are involved with.