

PATIENT CONSENT FORM TO BEGIN ORTHODONTIC TREATMENT

Name of Patient: _____, **Patient Number:** _____

As a rule, excellent orthodontic results can be achieved with informed and co-operative patients. Thus, the following information is routinely supplied to anyone considering orthodontic treatment in our practice. While recognising the benefits of a pleasing smile and healthy teeth, you should also be aware that orthodontic treatment, like any treatment of the body, has some inherent risks and limitations. These are seldom enough to contra-indicate treatment, but should be considered in making a decision to start orthodontics. Please feel free to ask any questions during the treatment.

The patient's responsibility: It is the patient's responsibility to follow the brushing and oral hygiene instructions that are given, so that no harm will come to the teeth and surrounding tissues; to come to all appointments on the proper day and time; to adhere to the list of food restrictions in order to keep from damaging the teeth and orthodontic appliance and retainers, if they are necessary, so that treatment time will be as short as possible and so we can achieve the best results; and to visit the general dentist at least every six months for an examination and cleaning. There will be additional orthodontic charges for replacement of appliances (such as retainers or braces) that are lost or damaged, or any excessive extension of treatment due to lack of patient co-operation. 100% patient co-operation is very important.

Oral hygiene: Decalcification (permanent markings), decay, or gum disease can occur if patients do not brush their teeth properly and thoroughly during treatment period. Excellent oral hygiene and plaque removal is a must. Sugar and between meal snacks should be reduced as much as possible.

A non-vital or dead tooth is a possibility: A tooth that has been traumatized from a deep filling or even a minor blow can die over a long period of time with or without orthodontic treatment. An undetected non-vital tooth may flare up during orthodontic movement, requiring endodontic (root canal) treatment to maintain it.

Root resorption: In some cases, the root ends of the teeth are shortened during treatment. This is called root resorption. Under healthy circumstances the shortened roots are no disadvantage. However, in the event of gum disease in later life the root resorption may reduce the longevity of the affected teeth. It should be noted that not all root resorption arises from orthodontic treatment. Trauma, cuts, impaction, endocrine disorders, idiopathic reasons can also cause root resorption.

Growth issues: Occasionally a person who has grown normally and in average proportions may not continue to do so. If growth becomes disproportionate, the jaw relation can be affected and original treatment objectives may have to be compromised. Skeletal growth disharmony is a biologic process beyond the orthodontist's control. Some orthodontic patients will require oral surgery to obtain a reasonable treatment result to complete their case. We can inform most patients ahead of time prior to starting any treatment that this is necessary. Some patients with poor growth, poor response to treatment, or poor co-operation may also require oral surgery to complete their cases.

Gum tissues: The bone-gum relationship around teeth is always dependent upon whether there is enough bone to support the gum tissue properly. Many times when very crowded teeth are straightened there is a lack of bone and supporting gum tissues surrounding the teeth. Therefore, the gum tissue contour and support may not be adequate and require periodontal intervention.

Treatment time: The total time for treatment can be delayed beyond our estimate. Lack of co-operation, broken appliances and missed appointments are all important factors that could lengthen treatment time and affect the quality of the result. **TMJ:** There is a risk that problems may occur in the temporomandibular joints (TMJ). Although this is rare, it is a possibility. Tooth alignment or bite correction sometimes can improve tooth related causes of TMJ pain, but this is not in all cases. Tension appears to play a role in the frequency and severity of joint pains, and there are many other causes of TMJ dysfunction.

Very unusual occurrences: Swallowed appliances, chipped teeth, dislodged restorations and allergies to latex or nickel rarely occur but are possible.

Termination of treatment: It is understood that treatment can be terminated for failure to cooperate, missing appointments, not wearing appliances, excessive breakage, failure to keep financial commitments, relocation, personal conflicts or for any other reason the doctor feels necessary. If termination is necessary, the patient will be given ample time to locate another orthodontist to continue treatment or the braces will be removed.

Expectations: All orthodontic patients can expect improvement with their particular problem, but, in many cases, absolute perfection is impossible due to lack of muscle balance, teeth shape and size and varying degrees of co-operation during treatment, along with hereditary aspects that affect everyone's specific treatment results.

Relapse: Teeth have a tendency to return to their original position after orthodontic treatment. This is called relapse. Very severe problems have a higher tendency to relapse and the most common area for relapse is the lower front teeth. After brace removal, a bonded (permanent) retainer or retainers may be placed to minimize relapse. Also a removable retainer or retainers are provided to minimise relapse. Full co-operation in wearing these appliances is vital. We will make our correction to the highest standards and in many cases over correct in order to accommodate the rebound tendencies. When retention is discontinued some relapse is still possible.

Retainer adjustment/replacement:

- Patients are covered for retainer check-ups up to one year after braces are removed. A fee will be charged for check-up or adjustment of retainers after one year of removal of braces. An additional fee will be charged for replacement of retainers.

I consent to the taking of photographs, study models/digital models and x-rays before, during and after orthodontic treatment to assist in the planning and progress of treatment objectives. If the case proves to be of special scientific interest, the dentist reserves the right to present the records in scientific papers or demonstrations to the profession. I consent for the treatment and records to be carried out by the orthodontist, an orthodontic therapist, or trainee orthodontic therapist.

I certify that I have read or had read to me the contents of this form and do realise the risks and limitations involved, and consent to orthodontic treatment.

Patient/Parent's Name and Signature (Parent Signature required for under 18s)

Date