



Consent for Limited Orthodontics

The following information is provided to patients who will be starting with one of our brace systems. Whilst we recognize the benefits of teeth that function well and seem to have a pleasing appearance, you should be made aware that aesthetically driven brace treatment, like any other treatment of the human body, has limitations and inherent risks. The response of a living system cannot be predicted perfectly.

Aesthetically driven braces

These forms of treatment only aim to correct the alignment of your front teeth. We assess your smile and tooth position thoroughly and advise as to whether this treatment is appropriate for you. Where your front teeth meet together is referred to as the midline. Our goals are not to make midlines match perfectly with each other or with your facial structures. Studies have shown this is not critical to achieve a pleasing result. Our top teeth naturally meet just outside our bottom teeth; the reverse is called a 'cross bite'.

We will advise you of any issues such as this and we generally do not correct cross bites towards the back of your mouth. We will also not aim to change the bite towards the back of your mouth. Most people can chew perfectly well, but if you experience problems with this please let us know so we can advise you accordingly. If you would prefer to have any of the above corrected you may consider being referred to a specialist for treatment. Our brace systems are focussed on delivering the best cosmetic result without altering the factors listed above. Please note that with this form of treatment, a few clear braces may be required to finish the final movements (at no additional cost to you).

Your responsibility

Any brace treatment will not be completely successful unless you follow our instructions. You **MUST KEEP** your adjustment appointments. Missed appointments can result in delayed completion. If appointments are missed or cancelled repeatedly, then the necessary monitoring of the braces cannot be carried out.

This may result in damage to teeth or adverse tooth movement. It is not in any patient's interests for braces to be worn unsupervised and a decision may then have to be taken to discontinue treatment. We are unable to take responsibility if you do not follow our instructions and cannot accept liability if treatment is aborted before completion.

Please notify us at least 48 hours in advance should you need to reschedule your appointment, since another patient may need this time slot. There is a fee for all broken appointments or short notice cancellations. Appointments longer than 30 minutes require a

minimum of 48 working hours notice for cancellation.

Tooth decay and gum disease

We are committed to giving you the very best results possible. As part of that standard, we will make sure your gums are healthy before we fit your braces as well as giving you all the necessary support and advice. It can be more difficult to clean around braces, so it is important that you spend more time ensuring that your teeth are clean. If you cannot do this to a high standard, it can lead to gum problems or what we refer to as decalcification around your braces, which may result in white/brown spots on your teeth as in the photo below.



Eating sugary food frequently will greatly increase this risk. We recommend you are seen for a hygiene appointment every 2 months or so during your treatment so we can keep these risks to a minimum. Fluoride mouthwash, Colgate Duraphat 2800 toothpaste and MI Paste+/Tooth Mousse can also help to keep these risks to a minimum. Should there be any evidence of decalcification once the braces are removed, there will be a charge for corrective treatment. We also recommend that you continue to see your regular dentist as and when they request to see you for regular examinations.

Soreness

After the braces are put on, your teeth may be sore, usually for 2-4 weeks. You may wish to take painkillers to ease this discomfort. If the soreness prevents you from eating even soft food, please phone for an appointment so any necessary adjustments can be made. If the inside of your lips and tongue are sore, wax can be used as a cushion over the braces until your lips become accustomed to them. With brace treatment, the usual procedures for dental emergencies do not apply. If you experience any problems, please contact the practice and we will endeavour to offer you an appointment within 2 weeks, or suggest that you wait until your next scheduled appointment.

Treatment objectives and treatment completion

We have tried to establish achievable and realistic objectives for your treatment. We know that you want the best possible result. As you begin treatment, we believe that you will be able to achieve these goals. Unforeseen factors, nevertheless, may interfere with our

expectations. If our original goals become unobtainable, we will discuss the alternatives with you and will keep you fully informed of any situations that may arise.

Treatment duration

Although we give an estimate of the expected treatment time, we do not know exactly how long your treatment will take. Individuals vary considerably in their response to orthodontic treatment, so treatment time may be more or less than our estimate. You must be aware that poor co-operation, poor oral hygiene, missed appointments, and other factors can lengthen the treatment time and can dramatically affect the quality of the end result. We intend to ensure that your treatment progresses consistently, so that you experience minimal discomfort and to ensure that tissue health is sustained and long term permanent stability is maintained. Foods such as crusty baguettes increase the likelihood of brackets coming away from your teeth and delaying treatment, so please be conscious of the foods you eat. We do not recommend a liquid only diet, but we do advise you to exercise common sense and caution whilst eating, in order to keep potential problems to a minimum.

Placement of bite guards

We may need to add small pieces of white filling materials to strategic teeth to 'prop open' your bite and prevent you from knocking your braces off. These often feel strange to start with and are removed at the end of treatment. They can often be the only point of contact in your mouth for a while, which may mean it takes you longer to chew your food. Most people adapt to this within a few days.

Technique

Space will be made by enamel reproximation (polishing between the teeth). This allows limited tooth movement in the area of the crowding. In rare cases, sensitivity can result from this, but this is transient. Scientific data and reports show that this technique does not cause permanent sensitivity or decay. There are alternative treatment options to this technique for making space, including one or more extractions, or expanding the dental arch to 'uncramp' the teeth when possible. We will extract a lower incisor in about 1 out of 10 cases. Upper and lower dental midlines will not be made to match. Misshaped and abnormally long teeth will be reshaped as part of treatment. On occasion, bonding of white filling material or veneers may be needed to make the edges of front teeth appear even. This may be due to stubborn tooth movement or misshaped teeth.

Discomfort or pain in the joint of the jaw

Discomfort and pain may be experienced during orthodontic treatment and clicking or popping noises may occur in or near the joint of the jaw at any time during the treatment. Just as with any joint discomfort, the possible causes vary. It is important that you inform your dentist of any jaw joint problems, history of migraines or headaches prior to commencing treatment, so that we can deal with them appropriately and promptly. Similarly, if you experience discomfort during treatment please let us know immediately so that we can make your treatment as comfortable as possible. In some very rare cases, we may need to abort your treatment as a result of discomfort and we cannot take liability

should this arise.

Unexpected tooth problems

Some teeth may have their roots fused to the bone and, as a result, they will not move, regardless of whichever type of orthodontic treatment is undertaken or by whom. It is often impossible to know if a tooth is ankylosed before we start treatment. If this becomes obvious at any stage and a change in treatment plan is required, we will discuss this with you at the earliest possible opportunity.

Enamel wear

It is very common for adults to have some degree of tooth wear before starting treatment. This tooth wear is often minimal and does not cause any significant cosmetic problem at the end of treatment. For severe tooth wear cases we will aim to discuss further options with you before starting treatment. Additionally, you may find that once your braces are removed, you would like to add further improvements. These may require the bonding of white filling material or veneers to replace the lost tooth structure due to tooth wear.

General medical conditions

General medical conditions can affect braces treatment. Please make us fully aware of any medical conditions before we start treatment, or if you experience any change in your existing medical conditions during treatment, so that we may look after you to the best of our ability.

Root resorption

Occasionally, braces treatment can cause your roots to shorten. This is normally minimal but may be more extensive. The risk is higher when braces are on for a long time and when the forces applied to your teeth are high, so we aim to keep those forces to a minimum whilst we undertake your treatment.

Loss of vitality

In very rare cases a tooth can lose vitality, i.e. the tooth may 'die' and/or discolour during braces treatment. This is very rare. If you have had any trauma to your teeth, the risk of vitality loss is slightly higher, although still very rare. Please inform us if you have experienced any trauma to your teeth at any age, so that we can assess your individual risk and monitor your situation appropriately.

Gum recession and 'black triangles'

Occasionally, gum recession can occur, particularly if you have had gum recession in the past. We will aim to keep this risk to a minimum, but please be aware that it may occur even with the most careful planning. The recession is often minimal but may be extensive. Further corrective work may be required in order to correct this, which would incur further costs. You may also develop little 'black triangles' at the necks of your teeth where they meet. This is because teeth are narrower at the necks than the edge. Again, further

corrective work may be required after treatment. We would take steps to keep this risk to a minimum.

Treatment success

It is our intention to do everything possible to provide the very best treatment result. However, we cannot guarantee that the proposed treatment will be successful to your complete satisfaction, as your expectations may be unachievable. Individual patient differences create the possibility of unstable or incomplete results. Please note that orthodontic treatment changes the position of the teeth, however the shape and colour of your teeth will NOT be changed by orthodontics. Factors such as poor compliance, poor oral hygiene, poor diet, poor attendance, missed appointments, and frequent breakages due to carelessness will also affect the success of your treatment.

Final stability of your teeth

The positions of the teeth achieved at the end of treatment may not be perfectly stable. The retainers that you wear will enhance the stability of the final result, but even diligent wearing of the retainers may not keep your teeth exactly as they were at the end of treatment. The teeth and jaw structures are systems that are constantly changing throughout one's life. Orthodontic treatment does not make anyone immune to this process. Maturity changes that occur after active orthodontic treatment may also alter the quality of the end result. Long-term and permanent wearing of the retainers will minimize changes. If you decide to stop wearing your retainers at some point, your teeth may change and some of the original problems may re-emerge. A lifetime commitment to retainers will be necessary to stabilize the position of the teeth as much as possible in the long term. You must be aware that a retainer agreement needs to be signed and dated, in conjunction with this consent form, before any treatment can begin. However, if you do not wish to sign the retainer agreement, you must be aware that all associated post treatment guarantees will no longer apply.

Moving

It can be very difficult to transfer to a new dentist mid-treatment. It is always more straightforward if your orthodontic treatment is completed by one practice, so please be aware of this if you are planning to move house during the time-frame of your treatment.

Removal of bracket prior to treatment completion

If you wish to have your brackets removed prior to treatment completion, the full cost of the treatment will have to be paid prior to bracket removal and prior to you being discharged. In addition, a disclaimer will have to be signed, stating that you wish to complete your treatment against our advice and that you understand that relapse will be more likely.

Patient consent form

Please be aware that Dr Gasiorowski is a general dentist and not a specialist orthodontist. We take the utmost care to carefully screen and diagnose your issues before we start treatment and will only start treatment where we feel it lies within our capability. If you would prefer to see a specialist orthodontist for treatment, we would be happy to refer you. This referral would automatically be offered in more complex cases.

I am aware that if I do not attend for my next stage of treatment for 6 consecutive months, I risk being discharged from treatment.

I am aware that the reviews offered after treatment are an essential part of the process, and if I do not attend them, any guarantee offered with treatment will be void.

I understand that any non-cooperation and non-compliance i.e. not wearing the elastics given to me, or not attending my appointments, may result in unwanted tooth movement and may affect the end result.

We are happy for you to see our dentist for care during your braces treatment, or you may wish to return to your own hygienist for care. Please let us know which you would prefer.

I, _____ (print name) consent to undergoing orthodontic treatment and confirm that I have read and understood the contents of this document. I have had the opportunity to ask questions and understand I can ask further questions should they arise at any point.

Signature _____ Date _____

To be completed by the clinician(s) providing Information to the patient:

I, _____ (print name) confirm that I have explained the treatment to the patient, along with the significant risks and the possible alternatives. I also confirm that I have the necessary competence to provide this information.

Signature _____ Date _____