

Consent to Orthodontic Treatment

Name: _____

Date: _____

Orthodontics plays an important role in improving overall oral health. Orthodontics also helps create balance and harmony between the teeth and face for a beautiful, healthy smile. An attractive smile enhances one's self esteem, which may actually improve the quality of life itself. Properly aligned teeth are easier to brush, and thereby may decrease the tendency to decay, or to develop diseases of the gum and supporting bone. As a general rule, orthodontic treatment is an elective procedure and excellent results can be achieved with informed and cooperative patients

Whilst recognizing the benefits of healthy teeth and a pleasing smile, you should also be aware that orthodontic treatment has limitations and potential risks. These are seldom enough to avoid treatment, but should be considered in making the decision to undergo orthodontic treatment. Orthodontic treatment usually proceeds as planned; however, response to treatment and results cannot be guaranteed on scale.

GENERAL PATIENT COOPERATION: Patient responsibilities are: brushing and flossing/rinsing interdental brush use on a daily basis, being on time for all appointments, adhering to the food list restrictions, wearing removable appliances as required, and visiting your general dentist for your regular three to six month teeth cleanings apart from orthodontic visits. When patients follow the instructions that are given, this will prevent damage to the teeth and surrounding tissues. These instructions will also help keep initial treatment time accurate. Being selective in diet is must, also inform clinic smiles wakad or hinjewadi about broken or loose appliances, as soon as they are noted and get it corrected in time. Repeatedly failing to cooperate leads to treatment getting halted or expenses getting added up in addition to more duration than the estimate.

APPOINTMENTS must be maintained timely & parent/patient is responsible for those accommodations.

RISKS INVOLVED

All forms of medical and dental treatment, including orthodontics, have some risks and limitations. Fortunately, in orthodontics complications are infrequent and when they do occur they are usually of minor consequence. Nevertheless, they should be considered when making the decision to undergo orthodontic treatment. While recognizing 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.

The major risks involved in orthodontic treatment may include, but are not limited to:

1. DECALCIFICATION: Tooth decay, gum disease, and white spots markings (decalcification) on the teeth can occur if orthodontic patients consume foods or drinks containing excessive sugar and/or acid (e.g. sweets, fizzy drinks, acidic juice, etc.). This tooth scarring also occurs if patients do not brush their teeth frequently and properly. These same problems can occur without orthodontic treatment, but the risk is significantly greater to an individual wearing braces.

2. ROOT SHORTENING: In some patients the length of the roots may be shortened during orthodontic treatment. Some patients are prone to this happening, some are not. Usually this does not have significant consequences, but on occasion it may become a threat to the longevity of the teeth involved. Previous trauma to teeth, nail biting or even pen chewing may exacerbate root shortening or root resorption. Severe resorption can increase the possibility of premature tooth loss. It should be noted that not all root resorption arises from orthodontic treatment. Trauma, impaction, genetics, endocrine disorders, and unknown reasons can also cause root resorption.

3. GOOD ORAL HYGIENE: Periodontal (of the bone and gums which support the teeth) health may be affected by orthodontic tooth movement if there is already a pre-existing condition, but may occur in some rare cases where a condition appears to be normal. In general, orthodontic treatment lessens the possibility of tooth loss or gum infection due to misalignment of the teeth or jaws. Periodontal or gums disease (inflammation of the gums and loss of supporting bone) can occur if plaque is not removed daily with good oral hygiene by brushing rinsing and regular maintenance of the teeth.

4. RELAPSE : Teeth always have a tendency to return to their original position after orthodontic treatment. Severely rotated teeth have a higher tendency to relapse and this is most commonly seen in the lower front teeth. Retainers are placed or provided to minimize this relapse from occurring. Your full cooperation in wearing these appliances is vital to long term success. Throughout life the bite can change adversely from various causes, such as but not limited by: eruption of wisdom teeth, growth and/or maturational changes, mouth breathing, playing of musical instruments and other oral habits, all of which may be out of the control of the orthodontist. To prevent relapse of your teeth you should always remember to wear retainers *"night time for lifetime!"*

5. JAW JOINT PROBLEMS: Occasionally problems may occur in the jaw joints, i.e. temporomandibular joints (TMJ), causing joint pain, headaches or ear problems. These problems may occur with or without orthodontic treatment and may worsen, improve, or stay the same during orthodontic treatment. Tooth positions, bite, or pre-existing TMJ problems can be a factor in this condition. Please inform us if you have a history of TMJ pain, are currently experiencing TMJ pain or develop symptoms during treatment.

6. LOSS OF TOOTH VITALITY: Sometimes a tooth may have been traumatized by a previous accident or a tooth may have large fillings, which can cause damage to the nerve of the tooth. Orthodontic tooth movement may in some cases aggravate this condition and in rare instances may lead to loss of vitality and possible root canal treatment or tooth extraction in worst case scenario. Non-vital or Dead Tooth: A tooth traumatized or other causes can die over a long period of time or without orthodontic treatment. This tooth may discolor or flared up during orthodontic treatment. It could deteriorate during treatment causing loss of bone around the teeth. Excellent oral hygiene and frequent cleanings by your dentist can help control this situation.

7. POST-ADJUSTMENT PAIN: After activation of your brace, tenderness should be expected, and the period of tenderness or sensitivity varies with each patient and the procedure performed. Typical post-adjustment tenderness may last 24 to 48 hours. Kindly note it's your responsibility to inform the clinic of any unusual symptoms,

WEARING HEADGEAR AND/OR ELASTICS: These are forces placed on teeth so they will move into their proper positions. The amount of time they are worn affects results. **MUST WEAR AS INSTRUCTED!** If headgear is detached from the tubes or arch wire while the elastic force is engaged, it can snap back and cause injury.

8. UNFAVOURABLE GROWTH patterns: Atypical formation of teeth or insufficient or abnormal changes in the growth of the jaws may limit our ability to achieve the desired result. Occasionally a person who has shown normal growth in average proportions may not always continue to do so. If facial growth becomes disproportionate during treatment, the jaw relationship can be affected and original treatment objectives may have to be compromised or altered. Skeletal growth disharmony is a biological process beyond the orthodontist's control. Some orthodontic patients will require oral surgery to obtain a reasonable treatment result if skeletal disharmony exists. Growth changes that occur after orthodontic treatment may alter the quality of treatment results. If growth becomes disproportionate during or after treatment the bite may change, requiring additional treatments or, in some cases, surgery.

9. IMPACTED TEETH: In an attempt to move or align impacted teeth, (teeth unable to erupt normally), especially cuspids and third molars, various problems are sometimes encountered which may lead to periodontal problems, relapse, or loss of teeth. Such special cases do have poor outcome percentage of correction post orthodontic treatment. Some impacted teeth may be fused to the jaw bone (ankylosed) and are unable to be moved.

10. TREATMENT TIMELINE: Your initial *estimation* of orthodontic treatment time is based on average treatment times of very large patient populations. Each patient is unique and their response to treatment may pose slightly different results that will change the original length of care. The total time for treatment can be altered or delayed beyond your original estimate. The lack of facial growth or poorly directed facial growth; poor elastic wear; repeated broken appliances, poor cooperation in not following instructions and missed appointments are all examples of important factors that could lengthen treatment time and affect the quality of the final result.

11. ADJUNCTIVE DENTAL CARE: Due to the wide variation in the size and shape of teeth, achievement of the most ideal result (for example, complete closure of excessive space) may require restorative dental treatment (in addition to orthodontic care). The most common types of treatment are cosmetic bonding (white fillings as "build ups"), crown and bridge restorative dental care and/or periodontal therapy. The choice of treatment depends on patients and such treatment will be plan and treated separately post or during orthodontic treatment with proper planning and separate estimates.

12. UNUSUAL OCCURRENCES: Swallowed appliances, chipped teeth, dislodged restorations and allergies to latex or nickel rarely occur but are possible during orthodontic treatment.

Please inform us if anything unusual occurs or develops during your treatment.

13. PERFECTION IS OUR GOAL: In dealing with human beings and problems of growth and development, genetics and patient cooperation, achieving perfection is not always possible. Orthodontics is an art, not an exact science; therefore, a functionally and aesthetically adequate result, not 100% perfection, must be acceptable. Your comments in regard to your expectations prior to, during and after orthodontic treatment will help us understand your concerns. Please keep us regularly informed of your feelings, concerns and results that do not meet your expectations.

Because of the individual conditions present and the limitations of treatment imposed by nature, each specific benefit may not be attainable for every patient. The unknown factor in any orthodontic correction is the treatment response and cooperation of the patient during orthodontic treatment.

PATIENT'S EXPECTATIONS IN OWN WORDS:

COMMENTS:

I consent to the taking of photographs, study models, and x-rays needed for orthodontic records before, during, and after orthodontic treatment to assist in the treatment planning and progress treatment objectives. If the orthodontic case proves to be of special scientific interest, the doctor reserves the right to present or publish the records in scientific papers or presentations to the profession for educational purposes.

I certify that I have read or had read to me the contents of this form and do realize the risks and limitations involved, and I do consent to orthodontic treatment at CDiC Smiles Wakad and Hinjewadi.

Patient: _____ Parent/Guardian: _____

Witness: _____