

remaining. The patient's treatment goals and willingness to undergo various treatment procedures are also considered. You are encouraged to discuss alternative methods of treatment with the doctor prior to beginning treatment.

Before treatment, your general practitioner will explain the problem and provide you with the best solution available in the circumstances. While he or she will guide the treatment, the patient must be an active participant in ensuring a positive result. You are reminded that your co-operation is crucial. Your general practitioner will tell you that the following is essential:

- attending appointments as scheduled;
- wearing appliances, elastics, headgear, retainers, etc. as instructed;
- maintaining a well balanced diet;
- avoiding activities and foods that could damage or dislodge the appliances;
- informing the office of any concerns or problems with the appliances between visits;
- maintaining excellent oral hygiene; and

Failure to follow the instructions given by your general practitioner could materially delay or compromise the treatment **resulting in additional fees.**

Your doctor and staff are dedicated to obtaining the best possible result for each patient by working together with the patient in a pleasant and safe environment. You are welcome to request a 2<sup>nd</sup> opinion from an orthodontist specialist.

#### **UNDERLYING MEDICAL CONDITIONS**

It is recommended that you consult your Medical Doctor to ensure there are no underlying medical conditions prior to undergoing treatment. If you are currently undergoing treatment for a medical condition it is the patient's responsibility to inform the dentist of such condition and medications as it may alter or disqualify the patient from having treatment.

Date: \_\_\_\_\_

Guardian/Patient: \_\_\_\_\_

Doctor: \_\_\_\_\_

Witness: \_\_\_\_\_

# **YOUR ORTHODONTIC TREATMENT**

## **INFORMED CONSENT FOR THE ORTHODONTIC PATIENT**

### **A SMILE IS FOREVER!!!**

This document explains what orthodontics can achieve, how it is accomplished, and the possible risks involved with orthopedic/orthodontic treatment. I am a general practitioner, not an orthodontist specialist. I have taken numerous hours of accredited post graduate studies of orthodontic and orthopedic treatments and I will present and explain the specifics of your treatment. I enjoy working with orthopedic/orthodontic patients and find it rewarding to be part of the growth of young patients and improved aesthetics. Understanding and co-operating between patient and doctor are essential for good results. We only accept compliant patients.

Please read this brochure carefully, noting any questions you may have before treatment begins. The parent or guardian, or adult patient, will be asked to indicate that he/she understands the nature, limitations and possible problems associated with orthopedic/orthodontic treatment by signing a **consent to treatment form letter.**

#### **THE NATURE AND BENEFITS OF ORTHODONTIC TREATMENT**

Orthodontics plays an important role in improving overall oral health, and in achieving balance and harmony of the jaws and teeth for a beautiful, health smile. An attractive smile enhances self esteem. Properly aligned teeth are easier to keep clean thus reducing the possibility of dental decay and disease of the supporting gums and bone.

A proper bite distributes the chewing forces more evenly on the teeth and the supporting structures for better chewing efficiency.

## **LIMITATIONS OF ORTHODONTIC TREATMENT**

There may be limits to the amounts of correction possible in individual cases. These will be explained before treatment begins. Orthodontic treatment usually proceeds as planned with excellent results; however like all healing arts, results cannot be guaranteed.

### **RISKS**

All forms of medical and dental treatment, including orthodontics, have some risks and limitations. When they do occur they are often of a minor nature. The following risks should be considered prior to undergoing treatment.

### **RELAPSE**

Teeth may sometimes change their positions after treatment, rebounding towards their original position. The most common area in the mouth for relapse is the lower front teeth. This can be minimized by wearing retainers once orthodontic bands or braces have been removed. Retainers may sometimes need to be worn indefinitely in order to prevent relapse.

Factors which contribute to these changes include jaw growth, maturational changes, “wear and tear” from normal biting forces, oral habits such as mouth breathing and nail biting, dental neglect, and, less commonly, accidents.

### **DECALCIFICATION**

Tooth decay and permanent markings (decalcification) on the teeth can occur if the patient eats food containing excessive sugar and /or does not brush his/her teeth frequently and properly. While these problems can occur without orthodontic treatment, the risk of tooth decay and decalcification is greater in an individual wearing braces and who does not brush properly.

### **PERIODONTAL GUM DISEASE**

Another consequence of poor oral hygiene during orthodontic treatment is periodontal (gum tissue and supporting bone) disease. Since food and plaque may adhere more easily to teeth with braces, periodontal problems can develop more readily in the orthodontic patient if oral hygiene is neglected. Soft tissue swelling and/or bleeding are early signs of gum disease. Continued neglect can lead to the permanent loss of gum tissue and supporting bone.

### **ROOT RESORPTION**

In some patients, the tips of the roots of the teeth may be blunted or shortened during treatment. This is called root resorption. While some patients are prone to this happening, most are not. Shortened roots are generally of no disadvantage. However if gum disease develops in later life, Root resorption could reduce the longevity of affected teeth. The amount of resorption is usually 1 to 2 mm and the average root length is 15 to 20 mm.

## **HEADGEAR INJURIES**

Orthodontic treatment may be augmented by the use of external headgear or other removable appliances. A headgear that is pulled outward while the elastic is attached can snap back and cause injury to the face or eyes. Patients should not wear the appliance when participating in competitive activity or “horseplay”. Proper use of the headgear as instructed will reduce the possibility of injury as will the use of safety straps and frames. Our office very seldom if ever, utilizes head gear since we are functionally oriented.

## **UNFAVOURABLE GROWTH**

Occasionally disproportionate jaw growth may change a patient’s jaw relationship. In other cases, the teeth may not erupt properly. This may mean additional orthodontic treatment or, in some cases, oral or jaw surgery, before treatment objectives can be fully achieved. Jaw growth disharmony and unusual development and eruption are biological processes beyond the doctor’s control. Growth changes that occur after active orthodontic treatment may also alter the quality of treatment results. These are often not predictable at the start of treatment.

## **ORAL SURGERY**

Often teeth may need to be extracted to correct crowding problems. In some cases surgical alignment of the jaws is necessary to correct severe jaw imbalances. Risks resulting from the anesthetic and jaw surgery should be discussed with the dentist or oral surgeon with whom your doctor will be working.

## **SECOND MOLAR REPLACEMENT**

Extraction of permanent second molar teeth is occasionally necessary in crowded orthodontic cases. The wisdom teeth erupt in place of the second molars, sometimes negating the need for wisdom teeth being surgically removed. Patients have a broader smile and are left with 28 teeth, rather than the 24 teeth remaining from the traditional approach of removing bicuspids and wisdom teeth. You may need at a later date to upright the 8’s. This seldom happens in the upper arch, but is needed on occasion in the lower arch. Uprighting may require bracketing of the posterior teeth (back). Periodic reassessment will be necessary.

## **TREATMENT TIME**

The total time required to complete your treatment may exceed the original estimate. Excessive or deficient jaw growth, unexpected slow tooth movement, poor co-operation in wearing the appliance, poor oral hygiene, broken appliances and missed appointments can lengthen the treatment time and affect the quality of treatment results.

## **ALTERNATIVE METHODS OF TREATMENT**

Your doctor has recommended the best treatment for you. Ideally, the patient chooses the treatment from amongst the options presented by the doctor. The alternatives to treatment for any particular patient depend on the nature of the individual’s teeth, supporting structures, jaw relationship, appearance, and growth