

## Patient Consent Form

Orthodontic treatment, like any medical or dental treatment, has some risks. The more common risks of orthodontic treatment include

### Gum Problems

#### 1. Inflammation

- If you do not keep your teeth and gums clean you will develop gum disease.
- Gum disease causes inflamed and bleeding gums
- Gum disease is preventable if you take good care of your teeth and gums.



**I understand that I need to remove my Invisalign aligner to clean my teeth**

YES   
NO

**I understand there is a risk of gum inflammation during orthodontic treatment if I do not clean my teeth**

YES   
NO

**I understand that I need to brush and floss at least twice a day and ideally after meals**

YES   
NO

## 2. Recession

- A less common gum problem that can occur during any type of orthodontic treatment is gum recession.
- Receding gums causes an exposure of the root of the tooth by loss of gum tissue (see photo).
- This can happen on any tooth and can be very difficult to predict.
- Your dentist will inform you if you are at an increased risk of this happening during your treatment.



**I understand there is a risk of gum recession during orthodontic treatment**

YES   
NO

## 3. Black triangles

- Sometimes when overlapping or very crowded teeth are straightened there is a lack of supporting gum tissue surrounding the teeth.
- This may cause the appearance of a “black triangle”.



**I understand there is a risk of black triangles occurring during orthodontic treatment**

YES   
NO

### Root Resorption

- This is shortening of the roots of the teeth.
- Mild resorption is common with all types of braces.
- Severe resorption is uncommon but can occur if teeth have previously been traumatised (damaged by accident) or had previous braces.
- However it can happen without any known cause.
- Even with severe resorption, prognosis can be good in the medium to long term.

**I understand there is a risk of root resorption during orthodontic treatment**

YES   
NO

### Relapse after orthodontic treatment

- Teeth will want to move back to their original position after orthodontic treatment. This is called relapse.
- Relapse can be prevented by wearing a retainer.
- It is important to follow the instructions given to you by your dentist when treatment is complete in order to reduce the risk of relapse.
- You must wear your removable retainer for a minimum of 6 months following treatment and every night thereafter.
- If you lose or break this retainer you must have a replacement made immediately or there is a risk your teeth could move. You will incur the cost of the replacement retainer.

**I understand there is a risk of relapse after orthodontic treatment if I do not wear my retainer as advised by my dentist**

YES   
NO

## A Non-Vital Tooth

- A non vital tooth means the nerve in the tooth has died.
- Certain teeth are at a higher risk of becoming non vital during orthodontic treatment. For example, teeth which have already had a root canal treatment or teeth which have had accidents.
- An undetected non vital tooth may flare up during orthodontic treatment, requiring root canal treatment to maintain it.

**I understand that during orthodontic treatment a tooth may become non vital and require root canal treatment**

YES

NO

## Length of Treatment

- Your dentist will give you an estimate of how long they think your treatment will last.
- It is important to remember that this is just an estimate.
- There are some factors which will affect how long your brace treatment will last including

### **Missed Appointments**

- It is important to attend for your appointments every 4-8 weeks as instructed by your orthodontist.
- If you miss any appointments, your treatment will take longer.
- Unsupervised treatment will also increase the risk root resorption and periodontal disease.

### **Poor Compliance**

- Aligners must be worn at all times.
- Under no circumstances should you take them out for over 90mins at any one time

### **Genetics**

- How quick teeth move is different from person to person.
- For some people, their teeth move quicker than average and so their treatment will not take as long as initially thought.
- For others, treatment may take longer if their teeth are slow to move.

**I have seen the 3D movement of my teeth on the computer called 'Clincheck' and I am happy that my concerns are being addressed**

**YES**

**NO**

**I have been given adequate time to read the above consent document.**

**I understand the benefits and risks associated with this treatment.**

**I have had the opportunity to ask questions and discuss any concerns I have regarding the treatment.**

**Patient Signature:** \_\_\_\_\_

**Dentist Signature:** \_\_\_\_\_

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