



## **CLEAR ALIGNER ORTHODONTIC TREATMENT CONSENT FORM**

Dear

Thank you for attending the previous appointment for your clear aligner treatment. Please take your time reading this form, this copy is for you and another copy will be signed with the treatment coordinator prior to your next appointment.

**Images of simulation will be added here**

Clear Aligner Orthodontic treatment, like any medical or dental treatment, has some risks and benefits.

**The Benefits are:**

1. Aligners offer an aesthetic alternative to conventional braces.
2. Aligners are nearly invisible so many people will not realise you are in treatment.
3. Treatment plans can be visualised through the digital software.
4. Aligners allow for normal brushing and flossing tasks that are generally impaired by conventional braces.
5. Aligners do not have the metal wires or brackets associated with conventional braces.
6. The wearing of aligners may improve oral hygiene habits during treatment.
7. Aligner patients may notice improved periodontal (gum) health during treatment.

**The more common risks of Clear Aligner 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 aligner to clean my teeth**

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

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

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**

### 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** 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 traumatized (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**

#### 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 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**

## 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**

## 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 as instructed by your dentist.
- If you miss any appointments, your treatment will take longer.
- Unsupervised treatment will also increase the risk root resorption and periodontal disease (gum 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' or Approver and I am happy that my concerns are being addressed**

Your Clear Aligner treatment will involve the following procedures:

### **INTERPROXIMAL REDUCTION**

- An important part of orthodontic treatment is creating space for the teeth to move.
- This is done primarily by the extraction of one or more teeth or by filing away small amounts of enamel in between teeth.
- This is called Interproximal Reduction (IPR).
- Here is a photo of what IPR looks like



**I understand what Interproximal Reduction (IPR) is**

**I am happy to have Interproximal Reduction (IPR) completed on my teeth if needed during treatment**

## **ATTACHMENTS**

- Attachments are placed on the surface of certain teeth to aid movement
- They can be on any of your teeth **including front teeth.**
- These are tooth coloured and removed from your teeth at the end of your treatment.
- They will always stay on the teeth when you are in treatment.



**I understand that I will have attachments placed on my teeth during treatment**

**I understand I may have attachments on my front teeth**

**As a patient, I happily give my consent for my dental photographs consisting of my smile and my teeth alone to be used on our website.**

**I understand no face shots will be used without my prior permission.**

## TREATMENT COST

Please find below the fee for your Clear Aligner Treatment:

- Treatment Cost -
- Payment options discussed with treatment coordinator:

The fee includes the following:

- All your aligner appointments
- Removable plastic retainers at the end of your treatment
- Before & After Photographs

\*Note by having the scan taken and sent off to the lab you agree to a minimum charge of £1500, if for any reason, you decide to cancel your treatment.

Your fee **DOES NOT** include the following:

- Lost aligners ( £50 per aligner set)
- If you do not wear the aligners correctly and require treatment planning (£50 each new plan)
- If further refinements are required following the 2 included in your package (£175 per plan)
- Permanent Retainers ( £165.00 per arch)
- Hygiene Appointments
- Any General Dentistry for e.g. Fillings, Extractions, Root Canal etc.

By signing this form, you agree to the above terms.

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

**Print Name:** \_\_\_\_\_

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

**Date:**