

NOBLE MCCLINTOCK **ORTHODONTICS**

Informed Consent for the Orthodontic Patient **Risks and Limitations of Orthodontic Treatment**

As a rule, excellent orthodontic results can be achieved with informed and cooperative patients. Thus the following information is routinely supplied to anyone considering orthodontic treatment in our office. 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. These are seldom enough to contraindicate treatment but should be considered in making the decision to wear orthodontic appliances. Much of the success of treatment depends on patient cooperation in keeping appointments, maintaining good oral hygiene, avoiding loose or broken appliances, and following the doctor's instructions carefully. Please feel free to ask any questions about this at the pretreatment consultation.

Decalcification (permanent markings), decay or periodontal (gum and bone) disease can occur if patients do not brush their teeth properly and thoroughly during treatment. Excellent oral hygiene and plaque removal is a must. Sugars and between meal snacks should be eliminated. It will be necessary to make routine visits to your dentist for cleanings and cavity checks. These same problems can even occur without orthodontic treatment, but the risk is greater to individuals wearing braces.

Teeth have a tendency to rebound to their original position after orthodontic treatment. This is called relapse. Very severe problems have a higher tendency to relapse and the most common areas for relapse are the lower front teeth, and slight spacing in extraction sites or between upper front teeth. After braces are removed, retainer wear is always necessary for several years to hold the teeth in their new position. Full cooperation in wearing them is vital. However, changes after that time can occur due to natural causes throughout life. Shifting of the teeth later in life occurs in almost everyone.

A tooth that has been traumatized by an accident or deep decay may have experienced damage to the nerve of the tooth. Orthodontic tooth movement may, in some cases, aggravate this condition. In some cases, root canal treatment may be necessary. In severe cases, the tooth or teeth may be lost.

The roots of some patient's teeth become shorter (resorption) during orthodontic treatment. It is not known exactly what causes root resorption, nor is it possible to predict which patients will experience it. Under healthy conditions, the shortened roots will usually create no problem. Severe root resorption can increase the possibility of premature tooth loss. If resorption is detected during orthodontic treatment, your orthodontist may recommend a pause in treatment or the removal of the appliances prior to the completion of orthodontic treatment.

There is also a risk that problems may occur in the temporomandibular joints (TMJ). Although this is rare, it is a possibility. Tooth alignment or bite correction can improve tooth related causes of TMJ pain but not in all cases. Tension and familial tendencies also appear to play a role in the frequency and severity of joint pains.

Occasionally a person who has grown normally and in average proportions may not continue to do so. Many patients have accommodated, through various mechanisms, to all varieties of Dentofacial problems. Frequently, these accommodations mask the true nature or the full extent of the problem. If growth becomes disproportionate or if these accommodations become apparent the jaw relation can be affected and original treatment objectives may have to be compromised. Skeletal growth disharmony is a biological process beyond the orthodontist's control. Surgical assistance may be recommended in these situations.

The total time for treatment can be delayed beyond our estimate. Lack of facial growth, poor elastic wear or headgear cooperation, broken appliances and missed appointments are all important factors which could lengthen treatment time (and usually do) and affect the quality of the result.

The risk of serious injury to the mouth is inherent in virtually any sport. Therefore, it is extremely important for your child to wear a mouthguard while participating, particularly in a collision sport. Noble and McClintock urges all participants in sports to wear a mouthguard when playing or practicing, to reduce the degree of injury from traumatic blows to the mouth. As part of an educational program to encourage participants to understand the benefits of wearing a mouthguard we will provide mouthguards. The wearing of a mouthguard of any kind cannot prevent injuries from occurring. However, in most cases it may help reduce the degree of severity of injuries.

Orthodontic treatment usually proceeds as planned and we intend to do everything possible to achieve the best results for every patient. However, we cannot guarantee that you will be completely satisfied with your results, nor can all complications or consequences be anticipated.

I have read and understand the above and consent to treatment.

Signature -Parent _____ Date, _____

Signature - Witness _____ Doctor _____