

RISKS OF ORTHODONTIC TREATMENT

Demineralisation

If a strict oral hygiene regime is not maintained throughout orthodontic treatment, the plaque that builds up on your teeth and brace can cause softening of the tooth enamel leaving white/yellow/brown marks on your teeth when the brace is removed. To prevent this from occurring in patients with poor oral hygiene the braces may be removed before treatment is completed.



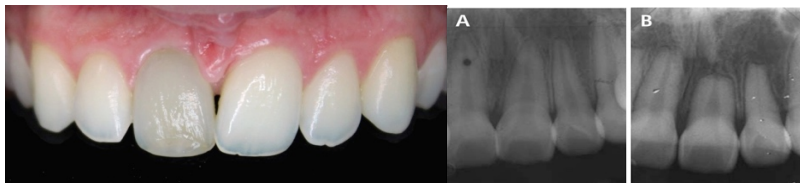
Retention and relapse

Following removal of your orthodontic appliance, you will be provided with a set of retainers. These should be worn as instructed by your orthodontist. Failure to wear them will result in tooth movement. You will need to wear your retainers indefinitely to prevent your teeth from moving. Even with excellent retainer wear there may be some very minor tooth movement. If you require new retainers due to damage / loss, there will be a fee for this

Root resorption and loss of tooth vitality

Orthodontic treatment may cause root shortening. This usually causes no long-term problems. However, if it is severe, treatment may be stopped early to prevent further damage. Very rarely a lot of the length of the root of a tooth can be lost during orthodontic treatment.

Very occasionally teeth may become non-vital (the blood supply to the tooth stops) and may require a root treatment. This is most likely when teeth have been previously traumatised or have large fillings.



Gum recession

Orthodontic treatment may cause some gum recession. This is less likely if the oral hygiene is good. This rarely has serious long-term consequences.



Black triangles

Sometimes, particularly in adult patients, when crooked teeth are straightened there can appear to be small gaps between the teeth, next to the gum. These can usually, but not always, be successfully treated by smoothing the enamel between the teeth to allow them to fit together better.



Facial profile

Some orthodontic treatment may slightly alter your facial profile or lip support

Discomfort

Your teeth may be tender for a couple of days after your brace is fitted and after each time the brace is adjusted. This should soon wear off, but painkillers can be used if required. If the discomfort persists please contact your orthodontist.



General information regarding orthodontic treatment

Treatment times

Most active orthodontic treatment will last for 18-24 months. This time can vary according to individual treatment plans. The overall time will be influenced by breakages and missed appointments. Following active treatment there will be an indefinite period of retention.

Eating habits

There are three main types of food that can cause problems with orthodontic appliances. Hard and sticky foods can damage the appliance, stopping tooth movement. Foods high in sugar content cause plaque to build up on the brace and teeth leading to tooth decay. This can result in the formation of permanent, unsightly marks on the teeth. Fizzy drinks and fruit juices may also cause the formation of marks on the teeth.

Elastic bands

You may be asked to wear elastic bands to help tooth movement. Failure to wear these as advised will affect the result of treatment.

Emergencies

If your appliance breaks, please contact me as soon as possible to have it repaired and prevent unwanted tooth movement.

Appointments

You will need to attend regularly to have your brace adjusted. Missed appointments are very disruptive to your treatment and may increase your treatment time. Good cooperation will result in your treatment being completed in the shortest time possible. If you cannot attend please let the practice know as soon as possible so we can reschedule your appointment.

Discontinuation of treatment

Failure to comply with any aspect of the treatment may result in treatment being stopped before being completed.

Dental 'check-ups'

You should continue to see your dentist on a regular basis during orthodontic treatment.

