



Consent to commence orthodontic treatment

Dear Patient / Parent / Guardian please read the information below, to help you understand the risks and commitment involved in orthodontic treatment for yourself or your child.

- All types of brace feel very strange initially. They usually interfere with the way the teeth bite together and rub the lips and cheeks. This can feel alarming at first but most people adapt quickly to the changes
- Brace adjustments are needed every 6-10 weeks
- All types of brace tend to be uncomfortable for a few days after fitting / adjustment. This can usually be relieved with paracetamol, ibuprofen etc.
- Removable braces (retainers, twin blocks, Invisalign) interfere with speech for a few days after fitting. Speech usually returns to normal after this, although some large removable braces tend to cause lipping for the duration of the treatment.
- Teeth should be cleaned 3 times daily when wearing braces and most sweets / fizzy drinks should be avoided during brace treatment
- Completed orthodontic treatment does not guarantee perfectly straight teeth for the rest of your life. Teeth have a tendency to change their positions after orthodontic treatment (relapse). Faithful wearing of retainers as instructed should help reduce this tendency. It is recommended that retainers are worn on a full-time basis for 1 week then a night only basis for at least 1 year after treatment followed by indefinite long-term wear (2-3 nights a week). However, changes over time can occur due to natural causes despite retainer wear, including growth and maturation that continues throughout life. Some minor irregularities, particularly in the lower front teeth, may have to be accepted
- There is a slight risk (approx. 1 person per 1,000) of damage to the blood supply of teeth moved with braces, resulting in loss of vitality and possible darkening of the tooth. Endodontic Treatment (a root canal filling) may be needed in this instance.
- There is shortening of tooth roots during orthodontic treatment. Usually this is mild and does not have any significant consequences, however occasionally this can be severe and may become a threat to the longevity of the teeth involved.
- Alignment of teeth can sometimes result in alterations to the gum contour. This can result in gum recession or the appearance of 'black triangles' around the edges of the teeth.
- Orthodontic treatment can improve the position of your teeth but the shape of individual teeth will remain unchanged.
- Orthodontics is non-essential treatment and any patient/parent should carefully consider the risks involved before deciding to proceed with treatment.
- Other notes:

Name

Signed

Relationship to patient

Date

Please scan the QR codes to access the British Orthodontic Society patient information leaflets

