



ORTHODONTIC AGREEMENT BETWEEN INCREDIBLE SMILES & RESPONSIBLE PARTY INFORMED CONSENT – ALIGNER TREATMENT

The following information is provided to you to ensure you are aware of our practice policies.

Our Practice

We are a general dental practice and have completed additional training in orthodontics. We have an increased skill level in orthodontics but do not have the training of a specialist orthodontist. Our dentists are registered practitioners with the Dental Board of Australia.

Dental Therapists/Hygienists

A Dental Therapist/Hygienist has completed at least two to three years of scientific and clinical training through an accredited University/RM IT Facility. Our Dental Therapists/Hygienists have received further specialised training in the area of orthodontics and are able to perform procedures to assist the Orthodontist and also work autonomously as per the guidelines outlined by the Dental Board of Australia. Please be assured that our Dental Therapists/Hygienists do not make decisions regarding your treatment plan, they follow the treatment plan outlined by your Specialist Orthodontist. Our Dental Therapists/Hygienists are registered practitioners with the Dental Board of Australia.

General Health Problems

It is imperative that you inform us of any changes in your general/medical health status.

What Our Fee Covers

Our fee includes all your aligners for active treatment and aligners for any refinement necessary, and all office visits required to complete the planned treatment in our practice. Your treatment fee includes one set of retainers. It also includes retention appointments for two years following the conclusion of your active treatment.

What Our Fee Does Not Cover

Our fees do not cover any work done at any other dental office or laboratory outside this practice. Our fees do not include charges for appliance breakages (including braces). There will be additional charges for lost or broken appliances. If treatment is extended beyond the estimated treatment time due to poor cooperation, then additional charges may also be incurred. Our fees do not cover replacement Essix retainers. Our fee does not cover repair/replacement to bonded retainers after two years of being in retention.

Ideal Treatment Plan

Your ideal treatment plan would have been discussed with you at your first consultation. We also sent you a report outlining your ideal treatment plan. The ideal treatment option is to align teeth and correct any functional issues and attempt to achieve the best bite /occlusion possible. You have chosen to have aligner therapy which is often referred to as a limited or compromised treatment. Limited or compromised treatment means that tooth movements are targeted to a specific problem or region of your mouth. There may be other problems in your mouth that could benefit from comprehensive orthodontic treatment, but these may not be addressed as part of your aligner

treatment. With your treatment you will need to accept that you will receive a functional and aesthetically adequate result, but not 100% perfection. If you wish to have all orthodontic problems corrected, you need to undertake comprehensive orthodontic treatment comprising of full upper and lower fixed braces and any other treatment as discussed at your consultation.

Length of Treatment

The length of treatment depends on a number of different factors, your own individual biology, and the level of cooperation, periodontal or other dental problems that may occur. The actual treatment time is usually close to the estimated treatment time but may be longer if any of these problems occur and changes in the original treatment plan may become necessary.

Aligner Treatment Plan

Your aligner treatment plan is purely to align your front teeth. This treatment will not address bite or functional issues you may have. If your expectations differ from our original discussion and treatment needs to extend further than 18 months, extra monthly fees will apply. Aligner therapy is a compromised orthodontic treatment, purely to improve the alignment of your front teeth and you cannot expect the same clinical result with aligner therapy as you would with a 2-year comprehensive orthodontic treatment option using braces. This treatment is not a replacement for conventional orthodontic treatment. In fact, aligner therapy can have very unpredictable movements and in some cases, it is impossible to effectively rotate some teeth, extrude some teeth, and even tip or torque some teeth to an ideal position. It will not correct overjets, the position of your back teeth, midline discrepancies, TMJ problems, the position of tooth roots, or improve deep overbites significantly. Aligners need to be worn for 22 hours per day.

Results of Treatment

No guarantees are made concerning final treatment results as there are too many variables affecting treatment that are not in the control of the doctor, but we do everything to ensure the closest to clinical perfection.

The success of treatment also depends on your cooperation in keeping appointments, maintaining good oral hygiene, and wearing your aligners as instructed by our dentist. Aligner wear is required to be worn 22 hours per day.

Decalcification and Dental Caries

Excellent oral hygiene is essential during orthodontic treatment, as are regular visits to your General Dentist. Inadequate or improper hygiene could result in cavities, discoloured teeth, periodontal disease and/or decalcification. We suggest you return to the practice every six months, or more frequently if suggested, for a thorough exam, and professional cleaning. This is in addition to your normal orthodontic appointments.

Root Resorption

Root resorption is a shortening of the tooth roots. It can occur with or without orthodontic appliances and it is impossible to predict susceptibility to this condition. Some patients are predisposed to this occurring, while most are not. Slight changes in root length are usually insignificant, but occasionally with severe changes, the longevity of the teeth involved may be jeopardised. The incidence may increase with extended orthodontic treatment. Your cooperation during treatment is very important in the prevention of root resorption.

Periodontal Issues

Periodontal (gum and bone) disease can develop or worsen during orthodontic treatment due to the lack of adequate oral hygiene. You must have, if suggested, a Periodontist monitor your periodontal health during orthodontic treatment every three to six months. If periodontal problems cannot be controlled, orthodontic treatment may have to be discontinued prior to completion. When teeth are moved into a better position through orthodontic treatment, it can rarely result in the roots of the teeth being pushed against the thin bone that surrounds them, leading to gum recession.

Temporomandibular (Jaw) Joint Dysfunction

Problems may occur in the jaw joints, i.e., temporomandibular joints (TMJ), causing pain, headaches or ear problems. Many factors can affect the health of the jaw joints, including past trauma (blows to the head or face), arthritis, hereditary tendency to jaw joint problems, excessive tooth grinding or clenching, poorly balanced bite, and many medical conditions. Jaw joint problems may occur with or without orthodontic treatment. You should discuss any jaw joint symptoms, including pain, jaw popping or difficulty opening or closing, with our doctor. Treatment outside this practice with other medical or dental specialists may be necessary.

Allergies

Occasionally, patients can be allergic to some of the component materials of their orthodontic appliances. This may require a change in the treatment plan or discontinuance of treatment prior to completion. Although very uncommon, medical management of dental material allergies may be necessary.

Discomfort

The mouth is very sensitive so you can expect an adjustment period and some discomfort due to the introduction of orthodontic appliances. Non-prescription pain medication can be used during this adjustment period.

Non-Ideal Results

Due to the wide variation in the size and shape of the teeth, missing teeth, etc, achievement of an ideal result, eg, complete closure of space, may not be possible. Restorative dental treatment such as aesthetic bonding, crowns or bridges and/or periodontal therapy may be required. Treatment outside this practice with other medical or dental personnel or dental specialists may be necessary and extra fees will apply.

Risks and Limitations of Orthodontic Treatment

Successful orthodontic treatment is a partnership between our practice and the patient. Our practice is dedicated to achieving the best possible clinical result for each patient. As a general rule, informed and cooperative patients can achieve positive orthodontic results. While recognising the benefits of a beautiful healthy smile, you should also be aware that orthodontic treatment has limitations and potential risks. These are seldom serious enough to indicate that you should not have treatment.

Non-Vital Teeth

A tooth may become non-vital or dead with or without orthodontic treatment. This usually happens to a tooth that has sustained an injury in the past or a tooth that has a deep restoration. A tooth may become non-vital during



orthodontic tooth movement and require root canal treatment, but this is seldom caused by orthodontic treatment and usually has been sub-clinically non-vital in the past and is a very minor complication that may occur during orthodontic treatment.

IPR

Interproximal reduction is polishing between the teeth and is performed by hand using flexible diamond coated strips that are worked back and forth to gain minimal space allowing your teeth to move. Your teeth will remain healthy and sound. Your Orthodontist will discuss IPR with you prior to this procedure being performed but be assured there has not been any reported damage to teeth or gums with this technique.

Elastics

Your dentist will discuss the elastics with you if they are required.

Attachments

To obtain the desired results in the final positions of the teeth, strategically placed tooth coloured attachments are necessary. Without certain types of attachments, the results from the aligners would not be ideal and can be unpredictable.

Extractions

Some cases will require the removal of deciduous (baby) teeth or permanent teeth. There are additional risks associated with the removal of teeth which you should discuss with your Dentist or Oral/Maxillofacial Surgeon prior to the procedure.

Relapse

Completed orthodontic treatment does not guarantee perfectly straight teeth for the rest of your life. Retainers will be required to keep your teeth in their new positions as a result of your orthodontic treatment. You must wear your retainers as instructed or teeth may shift, in addition to other adverse effects. Regular retainer wear is often necessary for several years following orthodontic treatment. However, changes after that time can occur due to natural causes, including habits such as tongue thrusting, mouth breathing, and growth and maturation that continue throughout life. Later in life, most people will see their teeth shift. Minor irregularities, particularly in the lower front teeth, may have to be accepted. Some changes may require additional orthodontic treatment or, in some cases, surgery. Some situations may require non-removable retainers or other dental appliances.

Appointments

We request 24 hours notice if you need to cancel or change your appointment. We are aware that due to unforeseen circumstances sometimes missing or changing an appointment is unavoidable, however after missing or changing TWO appointments without notifying us 24 hours in advance, you are subject to being charged a cancellation/no-show fee.

Transfer to another Practice

If a patient relocates to another area, requiring treatment to be completed at another dental or orthodontic practice, our total fee will be adjusted to reflect only the services provided to date, and the account will be credited,

or debited accordingly. If transferring, there will be a charge for duplicating records and organising transfer documents.

Overdue Accounts

Treatment may be suspended due to failure to adhere to the agreed financial arrangement. If you are having financial difficulty, please contact us. In the event that your account is in default (greater than 60 days in arrears) any legal and/or debt collection costs incurred by this practice in recovering any outstanding debt or arrears monies will become the responsibility of yourself and will be added to the amount outstanding.

Internet

The internet is a great source of information however please remember that your orthodontic treatment has been prescribed specifically for you by your dentist and therefore information found on the internet may not be suitable for your treatment.

Mouth guards

Patients should wear a mouth guard for any sports where it is possible to sustain injury to the mouth or teeth. Should you desire a custom-fitted mouth guard, please discuss this with the doctor.

Custom-fitted mouth guards will incur a lab charge.

Impacted, Ankylosed, Unerupted Teeth

Teeth may become impacted (trapped below the bone or gums), ankylosed (fused to the bone) or just fail to erupt. Often these conditions occur for no apparent reason and generally cannot be anticipated. Treatment of these conditions depends on the particular circumstance and the overall importance of the involved tooth and may require extraction, surgical exposure, surgical transplantation, or prosthetic replacement.

Treatment outside this practice with other medical practitioners, general dentists or dental specialists may be necessary.

Occlusal Adjustment

You can expect minimal imperfections in the way your teeth meet following the end of treatment. An occlusal equilibration procedure may be necessary, which is a method used to fine-tune the occlusion. It may also be necessary to polish the enamel in between the teeth. This will be discussed with you.

Third Molars (Wisdom Teeth)

As third molars (wisdom teeth) develop, your teeth may change alignment. Your Dentist will monitor them in order to determine when and if these teeth need to be removed. At the end of your active phase of orthodontic treatment, we request that you have an x-ray so your dentist can assess whether removal of these teeth is necessary. You would then be referred to either your dentist or an Oral/Maxillofacial Surgeon for management of these teeth.



Retention

Your treatment fee includes your treatment aligners, adjustment appointments, and one initial set of retainers. It also includes retention appointments for two years following the conclusion of your active treatment. There will be a fee for all replacement Essix retainers after the initial set. If you request your lower bonded lingual retainer to be removed, we recommend a lower removable retainer be fitted to maintain the orthodontic result. There is a fee for this retainer. If you don't wear your retainers as directed, your teeth will move. This is outside our responsibility and may necessitate retreatment and additional costs. The retreatment fee will be determined by the amount of movement and time required with braces or aligners at the time and you will be fully informed of the treatment cost.

Retreatment

Patients will incur fees in accordance with the retreatment provided.

Acknowledgment

I hereby acknowledge that I have read and fully understand the treatment considerations and risks presented in this form. I understand that there may be other problems that occur less frequently than those presented and that actual results may differ from the anticipated results. I have been asked to make a choice about my treatment. I hereby consent to the treatment proposed and authorise the practice to provide the treatment. I authorise the practice to provide my health care information to my other health care providers. I also authorise the use of any photos, clinical records, and health information to be used for research, presentation, and marketing purposes; however, in such situations, your personal identity will not be disclosed without your consent. I understand that my treatment fee covers only treatment provided at this dental practice and that treatment provided by other dental or medical professionals is not included in the fee for my orthodontic treatment.

Responsible Party Name: _____

Responsible Party Signature: _____ **Date:** _____

Patient Cooperation Agreement

To produce a beautiful, healthy smile with you, we need to work together. With your full cooperation, your results will be better, your treatment will go faster, and you can enjoy your new smile as soon as possible!

Please bring this form with you to your appointment - we will go through everything with you at your appointment.

We want to make sure you are fully informed about our expectations, so we have put together a checklist to make sure we review these important points. If you have any specific questions regarding our checklist, we are more than happy to answer them at your appointment.

Brushing – Make sure to brush the teeth and gums, especially around the attachments.

Flossing - Use Superfloss daily to help floss between your teeth.

Cooperation - Great cooperation produces the best results in the shortest time, ie, no broken appliances and wearing elastics as requested.

Speech - During your treatment, your normal speech may be temporarily affected.

Discomfort – During treatment, you may experience some discomfort. Each patient will have a different tolerance to this.

Medications – To manage the discomfort you can use whatever you would normally take for a headache - Nurofen or Panadol

Diet - A softer diet is recommended – avoid hard or sticky foods.

Signing in - Sign in at every visit - see reception if you haven't been seen within 5 minutes.

Drinks – Avoid soft drinks and sports drinks.

Breakages - Loose or broken attachments usually come from eating the wrong foods - this may extend treatment time, if this happens ring the practice to book an appointment.

Elastic Wear - Elastics must be worn as prescribed by your dentist. Failure to do so may extend treatment time.

Emergencies - Don't hesitate to call if anything is bothering you. Emergency appointments are not available before or after school times.

Adjustments - Try not to miss any appointments -they are all important!

Running late - We would appreciate it if you can call us in the event, you are running late - you may need to be rescheduled to another time depending on how late/ the schedule is for the day.

Bite – You might notice that your bite shifts and changes constantly during treatment – this is normal.

School/Work - Appointments scheduled between 9.00am and 3.30pm are for long appointments or emergency appointments. We can provide a medical certificate/ attendance certificate.



Dentist - Children should continue to visit their dentist at least every six months for regular dental hygiene checks. For adults, more frequent cleaning every three months is recommended.

Referrals - We would love to see any of your friends or family!

Appliances - If you have either a fixed or removable appliance as part of your treatment, you must maintain and wear it as prescribed. It is also important that you do not eat any hard or sticky foods whilst wearing the appliance as it may cause significant damage.

I agree that the above topics have been discussed with me and I further agree that I will:

- Keep all my appointments and arrive on time
- Brush and floss my teeth regularly
- Avoid eating foods that can damage my braces (refer to our booklet)
- Follow all instructions for the correct care and use of my orthodontic appliances
- To call when I have any questions or problems

Patient's Name: _____

Signature: (parent or guardian if under 18): _____ **Date:** _____

Dentist's Name: _____

Signature: _____ **Date:** _____