

## Orthodontic Patient Agreement and Informed Consent

### Type of Appliance – Fastbraces®

**Please read carefully:**

**Hygiene:** Brush your teeth and gums, brackets and wires thoroughly after each meal and before going to bed. Poor oral hygiene can result in puffy, bleeding gums and permanent white spots on teeth. Inflammation and bleeding gums may delay your treatment. Your clinician can advise you on the best tools and techniques to achieve this. We strongly recommend you take up our Orthodontic Teeth Cleaning Program for the best results and optimal help. We do reserve the right to suspend or delay treatment if your oral hygiene is poor. Keep your teeth and braces clean!

**Hard Food:** Do not eat hard food such as popcorn, ice, toffee, hard or sticky sweets or things containing seeds or nuts. These foods can break or debond the brackets. CUT UP foods such as meats, apples, carrots etc. before eating them. If abuse is noted on more than one occasion a fee may be charged due to the extra treatment time required to correct the problems. If you're not sure about a food stuff be on the safe side and avoid it.

**Appointments:** Keep your adjustment appointments. Missed appointments can result in delayed completion. Please notify us at least 48 hours in advance should you need to reschedule since another patient may need this time slot. There is a fee for all broken appointments or short notice cancellations (less than 24 hours) of €100. There may be some visits that are required after your braces are off (retainer checks etc.) These visits are very important. Relapse, bite settling and retainer or splint adjustments (or breakage) are just some of the items we may wish to monitor in this stage.

**Soreness:** After the braces are put on, the teeth and lips may be sore for 1-2 weeks, but usually only for a couple of days. Aspirin, paracetamol, ibuprofen etc. may be taken to relieve this. If the soreness prohibits eating even soft food, please phone for an appointment so any necessary adjustments may be made. If the inside of the lips are sore, the wax can be used as a cushion over the braces until the lips become accustomed. It is advisable to take a mild to moderate painkiller such as paracetamol one hour prior to your adjustment appointments.

**Jaw Joint:** There are a very small minority of patients that may develop a popping/clicking or other problem in their jaw joint during or after treatment. This is very rare. Usually, orthodontic treatment provides a positive effect on the jaw joint. If this should happen, your clinician will refer you to an appropriate clinician to remedy this, though any fees paid for your braces will not be refunded, and any fees incurred in remedying the jaw joint will be borne by the patient.

**Technique:** Space will sometimes need to be made by enamel reproximation (sanding and/or polishing between teeth). This allows limited tooth movement in the area of crowding. Rarely sensitivity is possible from this, but is transient. Alternative treatment options to enamel reproximation for making space include tooth extraction, which we only perform in extreme cases of crowding, or expanding the dental arch in non-adult patients. Upper and lower dental midlines may not be made to coincide. Misshaped and abnormally long teeth will be reshaped as part of treatment free of charge. On occasion, bonding may be needed to provide an even appearance of the edges of front teeth because of stubborn tooth movement or misshapen or worn teeth. There will be an additional fee for this of €120 per tooth. We should be able to give you an estimate of any teeth that may require this at the outset, although it is not entirely predictable and is better assessed on completion of wearing your braces.

## Orthodontic Patient Agreement and Informed Consent

### Type of Appliance – Fastbraces®

**Standard of Straightness:** We seek to straighten teeth to very high standards in our program of treatment. However if numerous custom requests arise which your clinician feels will take an inordinate amount of extra time, or in fact may not even be possible to achieve (e.g. due to asymmetric teeth), we reserve the right to refer you to an orthodontic specialist for conventional comprehensive, 2 year, bite changing orthodontic treatment, without a refund of monies paid up until that point of treatment.

**Retention:** Teeth have a tendency to rebound to their original positions after orthodontic treatment. Very severe problems have a higher tendency to relapse and the most common type of relapse occurs with twisted teeth. Retainers will be placed immediately to minimize relapse. These can either be bonded (€295 each) or clear and removable (inc. in orthodontic fees). You will be provided with removable retainers in any event included in your fees. Details of retainer commitment are attached.

Full co-operation in wearing retainers is essential; there is a fee to replace a lost retainer (€95 per removable retainer, €295 per fixed retainer). If you show any signs of grinding your teeth, you will need to wear a night guard to protect the retainer which will incur an additional charge of €195

I understand that my clinician is not a Specialist Orthodontist and that they have learned how to provide Orthodontics from education centers that specialise in these procedures.

Patient name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

