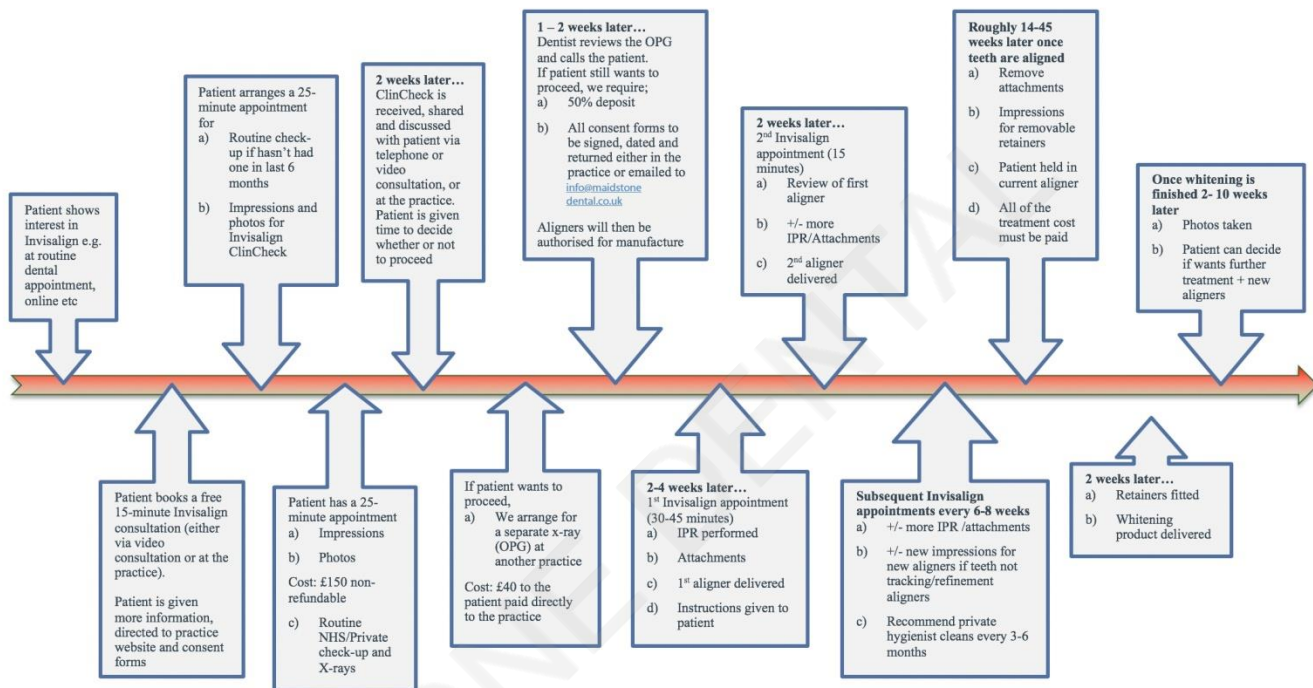


Practice Invisalign Consent Form. Risks, protocol, patient and practice responsibilities, timeline, terms and condition.

General Invisalign Timeline



Orthodontic treatment, like any medical or dental treatment, requires patient compliance, regular attendance and has some risks associate (some more common than others). These are explained below;

1. Tooth decay and gum Problems

- If you do not keep your teeth and gums clean you will develop tooth decay and gum disease.
- Gum disease causes inflamed and bleeding gums
- Tooth decay can lead to pain and abscess.
- Gum disease and tooth decay is preventable if you take good care of your teeth and gums and have a low sugar diet
- Please download the 'My Dental Care App' for free oral hygiene and diet advice



Patient acknowledgement and consent:

I understand that I need to remove my Invisalign aligner to clean my teeth
 I understand there is a risk of gum inflammation and tooth decay during orthodontic treatment if I do not clean my teeth
 I understand that I need to brush and floss at least twice a day and ideally after meals

2. Recession

- A less common gum problem that can occur during any type of orthodontic treatment is gum recession.

- Receding gums causes an exposure of the root of the tooth by loss of gum tissue (see photo).
- This can happen on any tooth and can be very difficult to predict.
- Your dentist will inform you if you are at an increased risk of this happening during your treatment.



Patient acknowledgement and consent: I understand there is a risk of gum recession during orthodontic treatment

3. Black triangles

- Sometimes when overlapping or very crowded teeth are straightened there is a lack of supporting gum tissue surrounding the teeth.
- This may cause the appearance of a “black triangle”.
- This black triangle can sometimes be masked by restorative treatment providing it does not reduce the ability for you to clean the area.



Patient acknowledgement and consent: I understand there is a risk of black triangles occurring during orthodontic treatment.

4. Root Resorption

- This is shortening of the roots of the teeth.
- Mild resorption is common with all types of braces.
- Severe resorption is uncommon but can occur if teeth have previously been traumatized (damaged by accident) or had previous braces.
- However, it can happen without any known cause.
- Even with severe resorption, prognosis can be good in the medium to long term.

Patient acknowledgement and consent: I understand there is a risk of root resorption during orthodontic treatment.

5. Non-Vital Tooth

- A non-vital tooth means the nerve in the tooth has died.
- Certain teeth are at a higher risk of becoming non-vital during orthodontic treatment. For example, teeth which have already had a root canal treatment or teeth which have had accidents.
- An undetected non vital tooth may flare up during orthodontic treatment, requiring root canal treatment to maintain it (this will incur an additional cost).

Patient acknowledgement and consent: I understand that during orthodontic treatment a tooth may become non vital and require root canal treatment.

6. Genetics

- How quick teeth move is different from person to person.
- For some people, their teeth move quicker than average and so their treatment will not take as long as initially thought.
- For others, treatment may take longer if their teeth are slow to move.

Patient acknowledgement and consent: I understand the statements above

7. Wearing and cleaning your aligners

- Aligners MUST be worn at all times (at least 22 hours a day)
- Under no circumstances should the aligners be taken out for over 90 minutes at any one time.

- You must not eat or drink with the aligners in (except for water)
- Do not drink extremely hot drinks or wash them in hot water as it may warp the aligners.
- You must brush your teeth for 2 minutes with fluoride toothpaste, spit out the toothpaste and do not rinse. You must floss and use Tepe brushes to clean between your teeth. It is important you do this in the morning, after each meal and before going to bed.
- You must clean the aligners using Retainer Brite or antibacterial hand wash in the morning and before going to bed.
- You must rinse the aligners with tap water before inserting them.
- Please avoid sugary foods and drinks whilst undergoing Invisalign treatment as this increases the risk of tooth decay.
- Aligners can cause discomfort and sensitivity of teeth but this should settle with time. In the event of discomfort, please take pain relief such as paracetamol.
- If ulcers occur, please rinse your mouth with salty water to keep the area clean.

Patient acknowledgement and consent: I understand the statements above

8. Speed up your treatment using Chewie's

- Chewie's are like rolls of sponged rubber which can come in different flavours and can be reused if washed between uses
- You place the chewie between your top and bottom teeth and chew on it (making sure you move it around the mouth)
- Chewie's help ensure the aligners adapt to the teeth and engage properly
- The action of chewing increases cellular activity and can speed up tooth movement
- We advise doing this three times a day for at least 10 minutes, concentrating on area where the aligner does not fully engage or where teeth are moving more slowly.
- Chewie's can be purchased from the practice or on Amazon



9. Poorly fitting aligners/ issues with fitting new aligners at home

- In-between review appoints you will be asked to insert the new aligners yourself every two weeks, you MUST inform us if they do not fit properly. If you have any queries regarding this, please call the surgery or email Maidstone dental directly at: info@maidstonedental.co.uk
- It is common for aligners to feel slightly 'bouncy' at the back when they are first inserted, this normally resolves after 24-48 hours. Chewie's can also help.
- Common reasons why an aligner may not fit; poor patient compliance (teeth have not moved as patient has not worn their aligner as instructed so the next aligner does not fit)
- If the next aligner you are due to move onto, does not fit. Please continue to wear your current aligner until you are reviewed at the practice.

Patient acknowledgement and consent: I understand the statements above

10. Teeth that do not move/track

- Teeth may track if you have not complied with the protocol advised or inserted the aligners properly so that they engage with all surfaces of your teeth.
- You must ensure the aligner engages with your teeth,; check there is no space between the aligner and the biting surface of your teeth, that the aligner engages with the attachments and use Chewie's.
- In some instances teeth may not move as anticipated, despite your dentist and you following the Invisalign protocol. This is not at the fault of you nor your dentist.
- There are many reasons why this could be the case, the most common is called ankylosis. Ankylosis is when the root of a tooth and bone fuse, meaning they tooth cannot move. This is most likely to occur when teeth have suffered trauma
- When this happens, you can either accept the position the tooth is in or alternatively be referred to the appropriate specialists to see if they can provide any alternative treatment to align the teeth. This will be at an additional cost which will not be covered by your dentist nor our practice.

- If you think that your teeth are not tracking (normally noticed if your next aligner does not fit and engage with your teeth as before), please notify us immediately.
- Sometimes teeth that are not tracking just need additional Invisalign aligners. If your dentist thinks this is the case, they will authorize additional aligners during your treatment or refinement aligners at the end of treatment. If this is required, one round of additional/refinement aligners will be included in your treatment cost. Any additional sets will be at an additional charge.

Patient acknowledgement and consent: I understand the statements above

11. Length of Treatment

- Your dentist will give you an estimate of how long they think your treatment will last based on the ClinCheck
- It is important to remember that this is just an estimate.
- There are some factors which will affect how long your brace treatment will last including; compliance, and whether or not any refinements are required or the need for new aligners during treatment if the teeth do not track

Patient acknowledgement and consent: I understand the statements above

12. Missed appointments, late cancellations and poor compliance

- It is important that to attend your appointments every 4-8 weeks as instructed.
- If you miss any appointments, your treatment will take longer.
- Unsupervised treatment will also increase the risk root resorption, tooth decay and periodontal (gum) disease.
- If you miss an appointment or do not give 24 hours' notice, you will be charged 'Did Not Attend' or 'Late cancellation' fee as per practice policy (minimum charge £35).

Patient acknowledgement and consent: I understand the statements above

13. If you lose your aligners

- Should you lose your aligner i.e. No. 10 then wear the previous aligner, No. 9 until the new aligner is ordered for you. Replacement aligners will be an extra £250 each.
- When you take your aligner out for example to eat or drink, please place them in the aligner box provided to reduce the risk of you losing it.

Patient acknowledgement and consent: I understand the statements above

14. If you decide to stop treatment before completion

- If you take it upon yourself to stop treatment for a period that is longer than recommended by your dentist a charge of £1500 will occur as new impressions will need to be taken as teeth may move to a different position (the aligners previously manufactured may no longer fit).

15. Removable clear retainers (Essix retainers) and relapse after orthodontic treatment

- Teeth will want to move back to their original position after orthodontic treatment. This is called relapse.
- Relapse can be prevented by wearing a removable retainer called an Essix retainer.
- It is important to follow the instructions given to you by your dentist when treatment is complete in order to reduce the risk of relapse.
- You must wear your removable retainer for a minimum of 3 months following treatment and every night thereafter for the rest of your life.
- If you lose or break this retainer you must have a replacement made immediately or there is a risk your teeth could move. You will incur the cost of the replacement retainer.
- Removable retainers will need to be replaced over the years due to them cracking, splitting or discoloration. This cost will be incurred by the patient
- At the end of Invisalign treatment should you require/choose to have any further treatment such as composite build ups, crowns, veneers or require fillings. Your teeth must be held in their position using a temporary retainer. This will be included in your treatment cost. Once your restorative treatment is completed, that temporary retainer will no longer fit, and you will be charged for the new set of retainers.

- Any treatment required to correct relapse, will incur additional costs by the patient.
- The costs for replacement Essix retainers are as follows;
- Temporary Essix retainer (to hold patients teeth in their position before restorative changes and manufacture of long term Essix retainer) £140
- Duratain retainer £160 each (£320 for a set)
- 3 sets of Vivera retainers made by Invisalign £500)



Patient acknowledgement and consent:

I understand all the statements above.

I understand there is a risk of relapse after orthodontic treatment if I do not wear my retainer as advised by my dentist. Any treatment needed to correct this, will not be covered in the original Invisalign treatment price.

16. Marketing consent

- Photos of my mouth (only) may be used on our website and social media pages. I understand my face will not be used unless Maidstone dental contacts me and I consent.

17. Other:

- I have seen the 3D movement of my teeth on the computer called ‘Clincheck’ and I am happy that my concerns are being addressed. I understand the simulation is only valid for 90 days. Should I decide not to commence treatment within that time, I will have to pay again for a new ClinCheck (£150).
- I am aware that I could use alternative orthodontic treatments such as fixed braces (sometimes called “train tracks”) to straighten my teeth and have been given the opportunity of being referred to an orthodontist for this.
- I understand I have 90 days from the end of the treatment to inform us if there is any issue with movement otherwise a fee will incur as this is Invisalign’s cut off point.
- I have been given adequate time to read the above consent document.
- I understand the benefits and risks associated with this treatment.
- I have been given the opportunity to ask questions and have had all my questions answered by Maidstone dental
- I have the capacity to consent this treatment and my consent has been given voluntarily.

Patient Signature:

Print Name:

Date:
