

Consent for Clear Aligners

What are Clear Aligners?

The Clear Aligner system is a popular form of orthodontic treatment designed to straighten teeth relatively simply and in small increments. Usually, a number of aligners will be required to achieve your ideal smile. The number necessary is reliant upon the complexity of your case, straight forward cases can be completed with only two or three aligners but can range from 1 to 20 aligners.

What are the benefits of using Clear Aligners?

Clear Aligners are almost invisible, thin and very easy to wear, an attractive alternative to wired braces. Speech is not impeded during treatment and you will be able to brush and floss your teeth normally. They are ideal for adults who wish to solve simple relapses and those who do not wish to use veneers or crowns. Simply, Clear Aligners are for adults who covet an improved smile.

What is the process of using Clear Aligners?

Once you and your dentist have discussed treatment with Clear Aligners, impressions will be taken of your teeth and sent to the lab along with a lab sheet outlining the proposed treatment. Once received, the models are scanned and a sequence of plastic aligners are produced on printed models of the final alignment.

May I wear Clear Aligners straight away?

In certain cases, space needs to be created before treatment with clear aligners. This is accomplished by using separate arch expanders. Once the required space has been achieved, the aligners can then be manufactured and worn. During treatment, space may also need to be created between the teeth by carrying out Interproximal Reduction. This technique involves mechanically removing some of the outer tooth surface, called enamel. Your dentist should inform you before treatment if expansion or IPR are necessary.

How long do I wear each aligner for?

Each aligner should be worn for approximately two weeks, at the direction of your dentist. After this period the aligner should become loose, at which point it will be time for the next aligner. The Clear Aligners are sequentially numbered so you and your dentist will know which aligner in the package needs to be fitted next.

What are the risks involved with Clear Aligners?

Treatment with Clear Aligners has proven to be very successful but with every form of orthodontics there are certain risks involved, which need to be seriously considered before undertaking treatment.

The main risks are as follows:

A lack of compliancy, poor oral hygiene, and missed appointments lengthen treatment time. Regular check-ups are required and instructions need to be followed perfectly. If appointments are not attended, completion may be delayed and successful treatment is not guaranteed. **A compliant patient is the most important element of a successful treatment.**

When wearing the first clear aligner some discomfort may be experienced. This should pass after the first few days. Speech may be affected for the first few days as well, again, this should pass.

Teeth and jaw structure naturally change throughout our lives. Only retainers will minimize further movement of the teeth, which are usually required on a long term basis. **Failure to comply with wearing the retainer after treatment as directed can result in tooth movement, sometimes back to their original position (relapse).**

Root resorption is a breakdown of the root structure of the tooth and in very rare cases a tooth can lose vitality ('die'). **Root resorption is a very rare side effect of Clear Aligners but can potentially occur.**

Attachments may be necessary during treatment, these should not be uncomfortable and should assist in tooth movement.

Each aligner **must** be worn full time, and only removed when eating or brushing teeth. **Tooth decay is possible if the patient is not careful when consuming sugary food and drinks whilst wearing Clear Aligners.**

A common side effect of orthodontic treatment is the appearance of the so called '**black triangle effect**' which follows considerable tooth movement. This has been known to occur when treating patients with Clear Aligners.

The likelihood of a Clear Aligner breaking is minimal, however, **if a patient is missing multiple teeth there is a higher risk of aligner breakage.**

Consent

I understand that the movement of my teeth cannot be predicted perfectly, either by my practitioner.

I understand that my clinician cannot accept liability if I wish to terminate the treatment.

I acknowledge that no guarantee has been made regarding the dental treatment which I have requested and authorised. I have had the opportunity to read this form and ask questions. I consent to the proposed treatment.

Name _____ Date _____

Cost of Treatment _____

Signed _____