

Your journey starts here.



## INFORMATION & CONSENT

Please read thoroughly. Tick and initial on the dotted line once you're confident in your understanding of each point.

You must inform us if you have any issues with your aligners including issues with the fit.  
-----

Aligners MUST be worn for at least 22 hours per day. Only remove for eating/drinking and dental hygiene purposes. Ideally aligners should not be removed for over 90 minutes at any one time.  
-----

Whilst wearing aligners do not drink hot drinks or wash them in hot water as it may warp the aligners.  
-----

Should you lose your aligner (e.g. Aligner No. 10) attempt wearing the next aligner (e.g. No. 11), if this does not fit wear the previous one (e.g. No. 9) and contact us for a replacement. Always keep your previous aligners in case you need to go back to them.  
-----

Replacement aligners will be an extra £40 each.  
-----

If you stop treatment for a period that has not been recommended by your dentist you will incur a charge of £300 as new scans will be needed.  
-----

If you do not attend a scheduled appointment or cancel without 2 working days notice a fee of £1 per minute of appointment missed will be applied.  
-----

I am aware that I could see an orthodontist for treatment involving fixed braces (sometimes called "train tracks") to straighten my teeth and have been given the opportunity of being referred for this.  
-----

It is important to be dentally fit prior to the commencement of any treatment. It is also imperative that during periods of orthodontic observation, active treatment, as well as during the retention period, dental check-ups are maintained regularly.  
-----

If your Clincheck is not approved within 60 days from the day it is presented to you, your case will be cancelled. The payment you have made for Clincheck (£100) will not be refunded and you will need a new one if you wish to continue with treatment.  
-----

Name:


Date:

Provider:



**TREATMENT PROCEDURES**

**INTERPROXIMAL REDUCTION (IPR):**

- An important part of orthodontic treatment is creating space for the teeth to move.
- This is done primarily by the extraction of one or more teeth or Interproximal Reduction (polishing away small amounts of enamel in between teeth).
- Here is a photo of what IPR looks like → 
- Although this is usually a painless procedure you may experience some mild bleeding and/or soreness of the gums.

Please tick the boxes and initial below once you're confident you understand what IPR is and consent to have IPR if required.

-----

**ATTACHMENTS:**

- Attachments are white fillings placed on the front surface of certain teeth to aid movement.
- They can be on any of your teeth including front teeth throughout treatment and will be removed from your teeth at the end of your treatment.
- These attachments may feel rough but they will be covered by the aligners and with time your mouth will adapt to these.



ATTACHMENTS

Please tick the boxes and initial below once you're confident you understand and consent to having attachments placed on your teeth, including front teeth, during Invisalign treatment.

-----

**RISKS**

Orthodontic treatment, like any medical or dental treatment, has some risks. The more common risks of orthodontic treatment include:

**GUM PROBLEMS:**

- Inflammation
- If you do not keep your teeth and gums clean you will develop gum disease.
- Gum disease causes inflamed and bleeding gums
- Gum disease is preventable if you take good care of your teeth and gums.
- We recommend you see the hygienist every 3-6 months for upkeep of your gum health.



Please tick the boxes and initial below once you're confident you understand that you need to remove your Invisalign aligner to clean your teeth.

Please tick the boxes and initial below once you're confident you understand that there is a risk of gum inflammation during orthodontic treatment if you do not clean your teeth.

-----

**RECESSION:**

- Gum recession is a problem that can occur during any type of orthodontic treatment.
- Receding gums causes an exposure of the root of the tooth by loss of gum tissue (see photo) which may result in sensitivity.
- This can happen on any tooth and can be very difficult to predict.
- You may be at increased risk of developing recession if you have thin gums.
- You may be referred to a gum specialist for prevention/management of this.



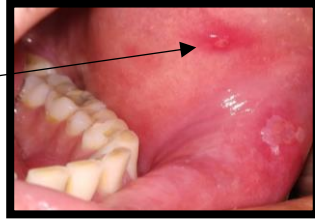
Please tick the boxes and initial below once you're confident you understand that there is a risk of gum recession during orthodontic treatment.

-----

**RISKS**

**ULCERATION:**

- During alignment you may experience ulceration of the gums/cheeks,. It can coincide with placement of a new set of trays, this usually resolves itself.
- It is your responsibility to mention any ulcers you notice lasting more than 2 weeks to your Invisalign provider.
- Management options can be discussed by your dentist if this arises.



Please tick the boxes and initial below once you're confident you understand that there is a risk of ulceration occurring during orthodontic treatment.

**BLACK TRIANGLES:**

- Sometimes when overlapping, triangular shaped 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".
- Management options can be discussed by your dentist if this arises.



Please tick the boxes and initial below once you're confident you understand that there is a risk of black triangles occurring during orthodontic treatment.

**A NON-VITAL TOOTH (NERVE DEATH):**

- Alignment itself does not cause teeth to become non-vital however it may exacerbate an underlying chronic tooth problem which may result in potential symptoms. Root treated teeth may also flare-up.
- Certain teeth are at a higher risk of becoming non vital during orthodontic treatment. For example, teeth that have experienced trauma.
- An undetected non vital tooth may flare up during orthodontic treatment, requiring root canal treatment to maintain it.

Please tick the boxes and initial below once you're confident you understand that during orthodontic treatment a tooth may exhibit symptoms and require root canal treatment.

**RISKS**

**ROOT RESORPTION:**

- With orthodontic treatment your roots may reduce in length however usually there is no clinical significance of this.
- 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.
- It can happen without any known cause.
- Even with severe resorption, prognosis can be good in the medium to long term.

Please tick the boxes and initial below once you're confident you understand that there is a risk of root resorption during orthodontic treatment.

**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 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.
- If you lose, break this retainer or it is subject to excessive wear 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.
- You must wear your retainers at night indefinitely or you risk relapse.
- A basic retainer are provided as part of your orthodontic treatment.
- An optional upgrade to a more durable VIVERA retainer is available following treatment, most patients opt for this.

Please tick the boxes and initial below once you're confident you understand that there is a risk of relapse after orthodontic treatment if you do not wear your retainer as advised by your dentist.

**LENGTH OF TREATMENT**

Your dentist will give you an estimate of how long they think your treatment will last. It is important to remember that this is just an estimate. There are some factors which will affect how long your aligner treatment will last, including:

**Poor Compliance**

- Aligners must be worn as advised.

**Missed Appointments**

- It is important to attend your appointments as instructed.
- If you miss any appointments, your treatment may take longer.
- Unsupervised treatment may also increase the risk of root resorption and periodontal disease.

**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.

Please tick the boxes and initial below once you're confident you understand that the above factors affect orthodontic treatment.

**DURING TREATMENT**

At the start of your Invisalign treatment, you may notice some changes for the first few weeks, these usually subside over time as you adapt to wearing your new aligners. These include:

- Some lisping on certain words until the lips and tongue adjust to the new feel of your aligners, this usually disappears after a few weeks.
- A change in your bite. This can feel strange initially, but your teeth will settle into this .
- Your facial profile may shift throughout the course of the treatment, especially around the lips and soft tissues – this is normal, and will be dependent on tooth movements and your starting bite
- Please be aware that upper right/upper left lateral incisors (the tooth next to your middle front teeth) are usually of different shape and width so during and after treatment although these will be aligned, you may feel a difference in flatness between your left and right side.

Please tick the boxes and initial below once you're confident you understand that the above affects of orthodontic treatment.

**TREATMENT COSTS**

Please find below the quotation for your Invisalign treatment with us as per your consultation:

£ \_\_\_\_\_

**YOUR QUOTE INCLUDES THE FOLLOWING:**

- All of your Invisalign appointments, including any refinements.
- Take-home whitening at the end of your treatment
- 1 set of basic removable retainers at the end of your treatment

**Any promotional offers:**

- Note: By having your Initial scan taken and sent off to Invisalign you agree to a minimum non-refundable charge of £100 for your personalised treatment simulation to be fabricated. Once you give approval for manufacturing of the Invisalign aligners, a further £1000 payment is required to commence the treatment.

Quote does NOT include Hygiene appointments and any general dentistry including composite bonding.

Patient

Name:.....

Date:.....

Signature:.....

## INFORMATION & CONSENT

### AFTER TREATMENT

COMPOSITE EDGE BONDING (to help differential wear on edges of teeth)

- ❖ Some teeth may look shorter than others once teeth are aligned and straight due to differential wear of the top parts of your teeth (this may have happened when the teeth were crowded, before straightening).
- ❖ If you want to improve the appearance of the shape of the edges of your teeth further this can be done with edge bonding.
- ❖ Edge bonding uses white composite filling material and adhesive dentistry to help blend in and improve the shape of the edges and tips of the teeth for a better final look of the teeth.
- ❖ This is available at an additional cost.



---

### IMAGING CONSENT

We may use images and x-rays of your smile and teeth only, for marketing and educational purposes on the clinic website, and on promotional and educational literature. Your name and identity will never be disclosed. If you are happy and consent for us to use your images and x-rays in this way, please tick the box and provide a signature along the dotted line below:

- I consent to the use of my images/x-rays for the above mentioned purposes.

-----

## CLEANING INSTRUCTIONS FOR YOUR ALIGNERS & REMOVABLE RETAINERS

Please follow the cleaning instructions provided for the ongoing maintenance of your aligners and removable retainers:

- \* Clean using a brush and cold water. \*
- \* DO NOT clean using hot water as heat can distort the aligner/retainer affecting its fit. \*
- \* Hand soap may be used for cleaning but avoid toothpaste as this can scratch the aligner/retainer surface. \*
  - \* Clean using Retainer brite once a week for 15 minutes in COLD water is recommended. \*
  - \* Always store in box when they are out. \*
  - \* Keep away from pets if possible. \*
- \* Any aligner or removable retainer that needs a replacement will incur an additional fee. \*
- \* When placing the aligner/retainer in the mouth press down evenly from both sides to ensure it is well seated before biting down. \*
- When removing the aligner/retainer take it out evenly from both sides. If you pull from one side then it will likely crack the retainer/aligner. \*

- Please tick the box and initial below once you're confident you understand that it is your responsibility to keep your aligners/retainers clean using the instructions provided above.

-----

## INFORMATION & CONSENT

- I understand that I will be able to see the 3D movement of my teeth on the computer software called 'Clincheck' and will be able to use this to ensure my alignment concerns are being addressed.
- I have been given adequate time to read the above consent document.
- I understand the benefits and risks associated with this treatment.
- I have had the opportunity to ask questions and discuss any concerns I have regarding the treatment.

Patient  
Name:.....

Date:.....

Signature:.....

Clinician  
Name:.....

Date:.....

Signature:.....



Thank you for choosing us  
for your smile journey.

