

Patient Declaration:

I agree that the proposed treatment has been explained to me by the above named dentist and that on occasion changes may be necessary.

I understand the time & commitment required for treatment to be effective & the risks and limitations as explained above.

I agree to follow all the instructions as explained/provided by the dentist.

I understand that photographs or other records will be taken to aid treatment and these may be passed onto the orthodontic laboratory or posted on a secure website to help with planning my case. On occasion these dental records may be used for teaching/publication/marketing. Any identifiable images, such as facial views will not be used without my prior agreement and all personal data will be anonymised.

I have completed a medical history form to the best of my knowledge. I will inform my dentist of any changes in my medical history.

I have told the dentist about any other procedures I do not wish to be carried out without my having the opportunity to consider them first.

Disclaimer:

Quick Straight Teeth accreditation indicates that the treating dentist has completed relevant training to enable him/her to offer the Quick Straight Teeth system and products. It does not certify or guarantee a specific level of skill, experience or quality of performance. Quick Straight Teeth Ltd does not guarantee or make any warranties as to the quality of services provided your dentist. This certification by no means implies that the treating dentist is employed by, is an agent of, or is licensed by Quick Straight Teeth Ltd.

SIGNATURE OF PATIENT/GUARDIAN: DATE:

DENTIST'S NAME: DATE:

SIGNATURE:



TO BE COMPLETED BY THE PATIENT

I understand:

- QST and short-term orthodontic treatment does not replace conventional orthodontics. The QST system is used to move the front upper and/or lower six teeth for cosmetic reasons only, or in order to make restorative dental treatment more conservative.
- Changes to my occlusion (the manner in which my teeth bite together during function) may occur although this will be minimal and this is not the objective of treatment. Any changes that may occur will tend to settle within the first 12 months of completing treatment.
- In order to gain sufficient space to straighten my teeth, the dentist may need to carry out a procedure called interproximal enamel reduction (IPR). Interproximal enamel reduction is removal of a small amount of enamel (up to 1mm) on both sides of a tooth. The process is used to create space between teeth and is sometimes used to improve the shape of teeth or the way in which teeth contact one other. It may also enhance the stability of the end result. IPR can be used to reduce 'black triangles' (dark spaces) between certain teeth. The procedure is painless and causes no long-term problems when carried out properly.
- If, following orthodontic treatment the edges of the teeth are not even this is most likely due to uneven tooth wear that occurred whilst the teeth were in their previous positions. If there are small dark spaces (called 'black triangles') between the contact points of the teeth and the gums, this is due to the shape of the teeth or recession of the gums. Cosmetic dental treatment can be provided to correct these features at a separate cost, according to individual need. If this is needed, my dentist will discuss this.
- The aim of treatment is to straighten the front six teeth within 6-9 months and the majority of cases achieve these expectations. Should I be dissatisfied with the position of my teeth following short-term orthodontic treatment with QST braces and wish to be referred to an orthodontist, this will be a separate course of treatment at a separate cost.
- Orthodontic treatment requires good care of the appliance and appropriate diet. I will ensure that I inform my dentist if any part of the brace breaks or dislodges. The replacement of broken parts may incur a charge. My dentist will discuss any additional cost before any repair is carried out.
- Some discomfort or sensitivity can be expected at the beginning of treatment but this can be relieved with over the counter painkillers e.g. Ibuprofen, Paracetamol and a softer diet. Any initial soreness to the cheeks and lips from the brackets can be relieved with the orthodontic wax provided.
- Some minor mobility of the teeth during orthodontic treatment is normal. If excessive mobility or pain occurs I will contact the practice for advice.
- Resorption (Shortening) of the roots can occur in some patients. In the majority of patients undergoing comprehensive orthodontic treatment the amount is small (1-1.5 mm) and does not jeopardise the health of the teeth. If severe however, this will be discussed with me and treatment may be stopped early. In many cases root resorption cannot be predicted and there may be a large genetic tendency, if severe.
- Moving teeth within the jaw can cause gum recession and exposure of the root surface of the teeth. Where there is a high risk of this occurring the dentist will discuss this. If severe, this may jeopardise the long-term health of the tooth and/or necessitate referral to a gum specialist (periodontist).
- The retainers must be worn as prescribed. Teeth may move if retention protocols are not followed and I will contact the practice immediately if I cannot wear my retainers for any reason. I accept responsibility for any relapse that is related to my failure to comply with the advice given to me by my dentist
- I understand that the dentist providing my treatment may be a general dental practitioner and is not a specialist orthodontist.



Diet

Hard and sticky foods may dislodge parts of the brace. You must avoid foods such as toffees, boiled sweets, popcorn, nuts, crusty bread and other hard foods. Your food should be cut into small pieces

and chewed on your back teeth. Never bite directly into apples and other hard foods. A charge may be incurred for replacement of broken orthodontic appliances.

You must also avoid food and drink that contain acid, such as fizzy drinks and juices, as these may cause demineralisation and permanent damage to the tooth enamel (and weaken the bond between teeth and braces).

If dental cement needs to be used to protect your lower brace by propping the teeth apart, you may find eating difficult in the first few weeks. This does gradually improve.

There may be an additional fee to replace damaged braces that are due to poor compliance with the advice provided.

Risk of decalcification and dental caries

Permanent discolouration & tooth decay may occur if sweets, fizzy or sugary drinks are consumed during treatment. This risk is much greater in those wearing braces. You must avoid these types of food and drink and ensure your oral hygiene is excellent during your orthodontic treatment. You should continue to see your dentist for regular checkups. A fluoride mouthwash may help here.

Regular appointments

Your dentist needs to adjust the brace every 4 weeks. It is vital that you attend your appointments as advised. Unsupervised wearing of braces can damage teeth and gums and treatment may not progress as expected. Failure to attend appointments will delay progress and in some cases may require termination of treatment. Missed appointments or late cancellations may incur a charge.

Retainers

At the completion of treatment, retainers will be fitted to ensure your teeth do not return to their original positions. In most cases a small bonded wire retainer is placed behind your front teeth and a separate removable retainer is also provided to wear at night time. Teeth can move very quickly, therefore bonded retainers are usually placed at the appointment when you have your braces removed. Compliance in wearing retainers as prescribed is crucial. If you break or lose retainers you must call the practice immediately to arrange an appointment and a replacement retainer, if applicable. Your dentist cannot take responsibility for any tooth movement where retainers have not been worn as prescribed. Most cases require indefinite, lifelong retainer wear in order to avoid any relapse or further tooth movement. Short-term or cosmetically-focussed orthodontic treatments may be inherently more unstable than comprehensive orthodontics. Therefore, compliance with lifelong retention and the recommended retention advice is crucial. Your dentist will monitor the retention period for 12 months following the end of treatment. After this there will be a charge for replacement retainers (when needed) and it is your responsibility to have regular dental checkups and retainer checks.



In several situations the QST system may **not** be appropriate. These include but are not limited to:

- Buccal occlusion – changing the position of your back teeth, where this is the primary objective of the treatment. Some small changes will inevitably occur in all treatments
 - Overjet – changing large discrepancies in the relationship between the upper and lower teeth in the horizontal plane (the prominence of your top or bottom teeth)
 - Overbite – changing large discrepancies in the relationship between the upper and lower teeth in the vertical plane (the vertical overlap of your front teeth)
 - Correction of dental midlines
 - Addressing facial profile concerns
 - Positioning of the tooth roots in the ideal position for stability (also known as tooth/root torque)
- In the treatment of TMD – temporomandibular joint dysfunction

Full correction of the issues listed above often requires treatment by a specialist in orthodontics and in some cases may require treatment over a longer period. QST braces are not a replacement for conventional orthodontic treatment. If you prefer specialist treatment your dentist can arrange a referral for you.

All orthodontic treatment requires good patient cooperation. There are requirements that need to be met before treatment can commence and also after the braces are fitted to ensure optimum health of your teeth and gums. If you are unable to fulfil these requirements your dentist reserves the right to postpone or terminate your treatment.

What is required of you

Good oral health and mouth hygiene

The health of your teeth must be optimal before any orthodontic treatment can be considered. We recommend you attend an appointment with a hygienist before and during treatment.

All the advice needed to adequately care for your teeth and gums during your orthodontic treatment will be provided. Your teeth and brace will need to be cleaned three times daily and after all food. Cleaning aids such as an orthodontic toothbrush and interproximal toothbrushes to allow you to clean your teeth effectively are highly recommended. Inadequate tooth brushing and oral hygiene may cause swollen gums (gingivitis) and if severe can cause irreversible damage and loss of tooth- supporting tissues (periodontitis).

If you have aesthetic tooth coloured wires you must be aware that brushing too hard may remove the tooth coloured coating. Take your time when brushing your teeth. Brush gently but effectively. The coating on such wires often peels away during treatment so your dentist may recommend a discreet metal wire instead.



Informed Consent for Short-Term Orthodontic Treatment

Patient Name:

Date of Birth:

Treatment Plan:

Appliance Type: **Fixed Appliance / Clear Aligner / Removable Appliance**

Estimated Duration of Treatment:

Full Treatment cost:

Additional Information:

.....

.....

.....

.....

.....

Please read this form carefully. If any points require further clarification please ask your dentist. This written consent form should be considered in addition to the verbal discussion of treatment options with your dentist. By signing this consent form you acknowledge that you have understood and agreed to the terms and conditions herein.

The QST system is a short-term orthodontic system that improves alignment of the front six teeth without *significantly* changing the biting position (occlusion) of your back teeth. The QST system has been designed to work within a timeframe of 3 to 9 months depending on the severity of the misalignment. Your dentist will keep you informed of how long treatment will take. This time does vary between individuals. The goal of this approach, as opposed to conventional orthodontics, is to address and correct the main cosmetic concerns that you have shared with the dentist, and as an alternative to longer and more involved orthodontic treatment. QST does not claim to be any quicker than other orthodontic treatments. The time references merely relate to the fact that this approach is limited to the initial stages of longer comprehensive orthodontic treatment.

