



Consent for NHS Orthodontic Treatment

NHS orthodontics is a privilege not available to everyone. Orthodontic treatment in America, for example, costs somewhere in the region of \$20,000!

For this reason, there are two conditions to ensure successful treatment outcomes:

1. You must keep your teeth clean. As we know, plaque causes tooth decay. If you have braces, these will hold the plaque against your teeth and cause them to decay at an accelerated rate. If this starts to happen, the only option we have is to remove the braces. You are much better off with healthy, uneven teeth, than with straight decayed teeth. We will stress this repeatedly, but if damage starts to occur, we have no option but to remove the appliances.



2. You must look after the appliances. This means:
 - A. You cannot eat anything too chewy or crunchy.
 - B. You cannot chew your pen at school or college.
 - C. You cannot play sports without a mouthguard.
 - D. You cannot bite your fingernails.

These are examples of things that will cause your appliance to fracture. Normally we see you around every 8 weeks. If you were to turn up to an appointment and 3 or 4 bits of your brace are broken, unfortunately, we would not have time to repair it at that appointment, as it is just a routine appointment to adjust your brace. We would therefore book you a specific appointment to repair it, which might be 2 weeks later. If this is the case, then that is 10 weeks when your brace has not been working properly. It can easily be seen that if the brace is broken multiple times, then it can lead to excessive treatment times. However, we operate a card system where multiple breakages will attract first a yellow, and then a red card which will lead to the braces being removed and treatment discontinued.

Note for parents – you can control diet when the patient is at home, you cannot control it at school, which is often where these breakages occur.

Retention

On successful completion of treatment, the patient will be issued with a clear vacuum formed retainer. This is to be worn every night to ensure the teeth remain where we have placed them and do not relapse to their previous positions. In many ways this is the most important phase of treatment. If, for example, you were to go away on holiday and forget to take your retainer, there is a good chance it will not fit on your return. The NHS will not fund a second course of treatment under any circumstances.

We will look after your retainer for 1 year after successful completion of your treatment. After this, it is still essential you wear your retainers each night. 'Nighttime for Lifetime' is a good way to remember. Everybody's teeth move all their lives regardless of having braces or not. The only way your teeth will remain where we have placed them, is to keep wearing your retainers.

Replacement of Retainers

The patient will be provided with a replacement retainer free of charge should there be evidence of genuine wear and tear. Where retainers have been broken due to poor care or lost, replacement appliances will attract a patient charge, in accordance with Regulation 11 of the National Health Service (Dental Charges) Regulations 2005. This regulation **ONLY APPLIES WITHIN THE FIRST YEAR AFTER SUCCESSFUL COMPLETION OF TREATMENT.**

Should problems arise after discharge, the patient's GDP can make arrangements directly with the patient to replace the retainers or re-refer back to the orthodontic provider. As a discharged patient has officially completed their NHS-funded course of orthodontic treatment, NHS funding is not normally available and thus any costs incurred will normally have to be agreed and settled under private contract.

Other Information and Practice Policies

1. If you fail to attend 3 appointments (ie: do not attend for appointment without letting us know first), your treatment will be discontinued, and your brace removed. There are multiple ways to contact us so there really is no excuse for not attending.
2. Appointments alternate, one in school time (09:00 to 15:30) and one out of school time. This is **WITHOUT EXCEPTION** regardless of age. After consent forms have been signed, it does not matter who accompanies the patient unless the treatment plan needs to be altered. If a patient is over the age of 16, then they can sign their own consent forms.
3. Appointments are generally 20 minutes long. Please ensure you arrive before your appointment time. If you arrive early, we will try to see you early wherever

possible. Patients who miss half of their appointment time or more may not be seen on that day and will need to be re-booked. It is always a good idea to let us know if you are going to be late.

4. We may paint fluoride varnish around the brackets on the front teeth to help protect them and prevent demineralisation. This will usually be done every other appointment. Please let us know if you object to this, or indeed change your mind about having it done.
5. We take a lot of photographs. Sometimes we use them for study, helping other patients or marketing. All pictures are anonymised so nobody would be able to tell who it is. Please let us know if you do not want pictures to be used in this way.

Risks of Orthodontic Treatment

1. Demineralisation or gum disease due to poor oral hygiene – see above.
2. Risk of injury and brace fracture if fail to use a mouthguard – there is a real risk of a fractured brace, fractured teeth, or traumatic injury to the face if you fail to wear a mouthguard playing contact sports. Please ensure you get one, but more importantly, that you wear it. Opro or Shock Doctor orthodontic mouth guards are the most popular and cost around £30 from Amazon.
3. Orthodontic tooth alignment using braces can lead to [tooth damage](#). It can also cause the death of a tooth. This is one of the major side effects of braces. If excessive force is applied to a tooth or a few teeth, it may result in chronic inflammation of the pulp layer. This chronic inflammation can damage the pulp and result in a dead tooth, which may turn black over time. A common cause of this is picking at the brace which displaces the wire and causes too much force to be applied. **DO NOT PICK AT THE BRACE!**
4. Between 73% and 90% of patients, respectively, experience root resorption (shortening of the tooth root in the bone) after orthodontic treatment. This is usually in the region of 0.6-0.8mm. In rare cases, this can accelerate until the tooth eventually gets loose and may be lost. Please let us know if you notice a tooth getting loose, we may pause treatment or recommend an early end to treatment if this occurs.

Patient Name

Signed

Date

Top Ten Foods to Avoid with Braces

While your diet doesn't have to be bland when you have braces, you can't eat everything you used to before you had them put on. You will want to know what foods to avoid so that you don't cause damage to the wires, bands, or brackets.

1. Popcorn

For the duration of time you have metal braces, you'll need to avoid eating popcorn. The husks can get wedged in between your teeth, and the kernels could potentially break the brackets or wires.

2. Nuts

Nuts can bend the wires of your braces, so you should steer clear of them. When the wires get bent on your braces, it can slow down the process of achieving straight teeth.

3. Chewing Gum

Chewing gum can warp the wires of your braces. On top of that, it can get stuck in all the metal in a way that causes damage and is just a mess. While you have metal braces, you'll want to avoid chewing on gum.

4. Hard or Chewy Candy

Most candy is going to be off-limits while you're wearing braces. Not only should you be avoiding too much sugar for your oral health anyway, but also, they can damage your braces. Whether candy is sticky, chewy, or hard, you should lay off until your braces have been removed.

5. Hard Rolls or Bagels

These types of chewy breads can get caught in your braces and loosen the brackets and wires. If you simply *must* have a bite of a bagel, you can tear it into small pieces and chew it up with your back teeth. However, it really is best to avoid them altogether.

6. Pretzels, Chips, Taco Shells, and Hard Crackers

While you are wearing your braces, you should stay away from these foods. If you want an alternative to hard taco shells, you can eat soft tortillas instead.

7. Pizza Crust

Pizza crust is too chewy to be safely eaten with braces. Not only can chewing foods get caught in wires and brackets, but they can also loosen the components of your braces.

8. Ice

It's fine to have ice in your drinks, but you don't want to chew on ice while you're wearing braces. Actually, one of the most common causes of damaged braces is chewing on ice.

9. Crunchy Vegetables and Fruits

You don't have to avoid eating fruits and vegetables altogether. However, crunchy fruits and vegetables like raw carrots, pears, and apples should be avoided.

10. Corn on the Cob

You can totally still eat corn, but you should cut it off the cob first. Eating corn right off the cob could cause damage to your wire braces.