American Association of Orthodontists®

Patient Clear Aligner

Supplemental Informed Consent and Compliance Agreement

Our specialized orthodontic team is dedicated to providing exceptional patient care. To ensure your clear aligner treatment progresses on schedule, it is imperative you understand the procedures involved in your treatment.

1. **WEAR TIME:** Aligners must be worn ~20 hours a day, except to eat, drink, brush, and floss. Less wear time may result in prolonged treatment, non-tracking, suboptimal results, and instability of dental alignment and occlusion.

2. **ATTACHMENTS:** Small tooth-colored attachments and/or buttons will be bonded to many or even all of your teeth—including your front teeth--to help move them properly. Attachments are usually placed on the first visit and more may be added or removed as needed later in treatment. Attachments are an essential part of successful aligner treatment for most patients. They are discreet but not invisible. Refusing attachment placement on certain teeth when recommended WILL compromise final results. If treatment extends beyond the estimated treatment time due to the patient declining the recommended attachments, additional fees will be incurred.

3. **INTERPROXIMAL REDUCTION (IPR):** Reproximation/Recontouring/Enamel Slenderizing is removal of tenths of millimeters (.1 mm to .5 mm) of enamel at dental contact points with a fine hand file, disk, or bur. It is sometimes required to resolve crowding, facilitate tooth movement, or to achieve other desired changes in your bite. It is not harmful to teeth and usually done quickly and painlessly. Declining this treatment when recommended will lead to compromised results.

4. **ELASTICS:** You may be prescribed elastics or "rubber bands" to wear from the upper teeth to the lower teeth to improve your bite. For optimal results, they must be worn whenever your aligners are in your mouth (~20 hours per day) as instructed.

5. **ALIGNER CARE:** Always store your aligners in their case when not being worn to avoid loss. Repeated loss of multiple aligners may incur a replacement fee of $_____/aligner. Always keep the three previous aligners.

6. **SPEECH:** Most patients find that speech is normalized after the first week of aligner wear. However, there is an acclimation period where you must wear the aligners constantly despite a slight speech impediment in order for your tongue to be retrained for proper articulation.

7. **CHEWIES:** Use chewies/aligner seaters daily to keep treatment on track.

8. **CAVITY/STAINING RISK:** Eating and drinking with aligners in can lead to enamel decalcification and cavities. Remove aligners to eat and drink anything other than flat water, brush or rinse with water before re-inserting. Failing to do so will cause cavities and staining of the aligners, attachments, and teeth.

9. **APPOINTMENTS:** Keep your scheduled appointments. This is the only way we can ensure your treatment is progressing as planned. Always wear your current aligner to your appointment.

10. **ALIGNER BATCHES:** Aligners will be made and given to you in batches. After the first batch of aligners, additional "refinement" aligners (possibly including fixed braces or settling elastics) may be necessary to detail your smile and bite. ____ batches of aligners or _____ "refinements" are included in your treatment fee. If you desire additional tooth movement beyond what can be achieved in ____aligner rounds, additional fees may be incurred.

11. **POSSIBLE NEED FOR TRADITIONAL BRACES:** Some tooth movements are not efficiently or predictably achieved with clear aligners. During treatment, you may be offered a short course of fixed appliance therapy with elastics plus an occlusal adjustment to perfect tooth positions and bite. At that time, it will be your choice to proceed with a few months of braces or leave your teeth in the best position that the aligners were able to achieve. If the need to switch to traditional braces is due to poor compliance with required aligner wear time, there may be a fee incurred to cover the cost of materials and staff time.

12. **GINGIVAL RECESSION and GRAFTING:** Gingival recession and the need for a gingival graft by a periodontist is a risk of all orthodontic treatment, but may be elevated with aligner wear, in adults with thin gum tissues. Please notify our office if you start to notice developing or worsening gum recession.

13. **RETENTION:** At the end of orthodontic treatment, retainers must be worn as prescribed by your orthodontist to maintain your beautiful new smile. Retention is for life (or as long as you want to keep your teeth in alignment.)

I have read and understand the procedures necessary for the success of my clear aligner orthodontic treatment. If I do not agree to or comply with any of the above items, I understand my treatment results may be compromised:

Date: _____

Patient Name: _____

Patient Signature: _____

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