

This document is intended to provide key concepts surrounding your orthodontic treatment. Parents and patients should NEVER hesitate to ask questions about orthodontics or the progress of their treatment. Please ask!

RECORDS

The initial examination and consultation appointment is an introduction to the general concepts of orthodontic treatment. The main objective of this appointment is to introduce both patient and parent to general orthodontic procedures. Records are required for each individual to formulate a specific treatment plan in order to achieve orthodontic treatment goals. Study models (plaster moulds of teeth), photographs and X-rays (head plates and panoramic dental films) are essential to properly diagnose orthodontic problems and to formulate specific treatment plans for each patient.

TREATMENT OBJECTIVES

The objective in each case is to obtain the most improvement possible. It should be appreciated that detrimental habits, unfavourable growth patterns, severity of the orthodontic problem and other factors (poor co-operation) often limit the treatment results. The length of treatment estimated is based on similar type cases, however, each case is unique and treatment times will vary among patients. It should be understood that good co-operation (keeping appointments, following instructions, reporting appliance breakages, keeping the mouth and appliance clean) are important factors in obtaining the most satisfying result in the shortest possible time.

ORTHODONTIC TREATMENT

Orthodontic treatment is generally divided into two distinct stages. The first stage is the **active** phase during which the correction of the orthodontic problem is effected. This is followed by a **passive** or retention stage over which time the teeth are retained in their new respective positions attained through active treatment. This retention stage is necessary to maintain the teeth after active treatment is completed. Since growth changes affect the jaws and therefore the teeth, the retainers are usually worn throughout the growth period. Since growth patterns vary considerably among individuals, the length of this retention period therefore will differ.

APPOINTMENTS

During the treatment period, the patient is usually seen at intervals of four to six weeks. As you realize, most of our patients are of school age and it is therefore impossible to see everyone before and after school. We will try our best to schedule appointments at hours which will be convenient for you, however the longer visits must take place during school hours. These long appointments require an uninterrupted, pre-scheduled amount of time in order that the treatment may proceed as quickly as possible. If an appointment must be cancelled or changed, we require at least 24 hour notification otherwise a \$35 rebooking fee will be charged. Cancelled or changed appointments can result in prolonged treatment and possible delay in patient progress.

WAITING

Nobody likes to be kept waiting! From time to time, however, when a number of patients come to the office with broken appliances that require correction, it necessitates a delay for others. Please understand that we do not purposely keep patients and their parents waiting. We want to spend as much time as is required with each patient to assure that treatment is progressing as smoothly and as comfortably as possible.

YOUR TREATMENT FEE

Your fee covers all appliances, headgear, braces and retainers and any records required during treatment. This includes 1 year of follow up appointments after the active phase of treatment. Lost and broken appliances are not covered in this fee and a \$150-\$500 will be charged for replacement depending on the appliances. Multiple broken brackets delay treatment and can compromise the overall treatment result. While we understand that some brackets will debond during treatment, multiple missing/broken bonds will be subject to a \$40/bracket rebonding fee. This fee **does not cover** any extractions, dental check-ups, fillings, or any service rendered by your family dentist or specialist. If there is a complete lack of patient co-operation, it may be necessary to terminate treatment or discuss additional costs.

YOUR INSURANCE

Your insurance may cover all, part or none of your fee. We can fill out a pre-determination form and your insurance company will inform you of the extent of your coverage. The final responsibility of the fee lies with you.

DENTAL CARE

During orthodontic treatment it is necessary for the patient to have regular dental check ups with the family dentist. The cost of any dental treatment performed by the family dentist required during orthodontic treatment (cleanings, extractions, fillings etc.) is not included in the orthodontic fees. The patient will be shown proper oral hygiene techniques and it is imperative that appliances and teeth be kept immaculately clean in order to prevent decay and decalcification to teeth during treatment. Patients will be expected to brush their teeth at least 3-4 per day. **It is necessary to have all cavities restored before bands and brackets are placed on the teeth.**

ORAL HYGIENE

During treatment it is important that the teeth and supporting structures are meticulously cared for. The orthodontic appliances (i.e. bands, brackets, elastics etc.) encourage food materials to adhere to the surfaces of the teeth and under the gum tissues. Poor oral hygiene during treatment may result in permanent markings (decalcification) of the enamel of teeth. Frequent brushings of the teeth are therefore essential. We recommend:

- ✓ More frequent visits to your family dentist
- ✓ Brushing and flossing 3 times a day
- ✓ Fluoride containing rinses
- ✓ Electric tooth brushes

APPLIANCE CARE

If any part of the appliance should become loose, broken or deformed between visits, please inform the office. Do not wait until the next appointment. Be certain to report any loose bands which come off. Bring all broken appliances to the office.

PAIN AND TISSUE IRRITATIONS

During the first few days after bands and brackets are placed or following adjustment appointments, there may be some discomfort or soreness. The teeth may feel tender on biting and slightly loose. The pain should be controlled by the use of a mild analgesic (Tylenol etc.) and a softer diet. The pain and irritation tolerance will vary between patients. Feel free to call the office for an emergency appointment if in your opinion the patient is having excessive pain or irritation.

EMERGENCIES

During the course of orthodontic treatment, after hour emergency situations may arise. The comfort of the patient is first and foremost my major concern. Most orthodontic "emergencies" can be resolved by the application of wax (provided every patient) to problem areas and the correction of this problem deferred until regular office hours. Very rarely is there a crisis that requires immediate attention in the office. However, if and when an emergency situation arises, leave a message at the office. We will be in touch with you as soon as possible.

RETENTION

After active treatment, there will be periodic checkups to observe the patient and retain the results obtained. A passive type of appliance will be worn for an indefinite period. During this period checkup examinations are usually at six to eight week intervals. The parents and patient should be aware that irregularities, deep bites, rotations, and excessive overjet, etc., tend to return somewhat following treatment. Hence, it is of utmost importance that the retainer be worn as instructed.

MOVING

In the event of a move, a case summary and records will be forwarded to an orthodontist in the area of relocation. Our fee structure is so devised that there is no financial adjustment necessary at the time of transfer if the account is current. It should be understood that you may incur additional costs as the new Orthodontist is not bound on his part to continue with the same fee. A new financial arrangement will have to be made with the new orthodontist.

Any time you have questions concerning your child's treatment, please feel free to either call or come in and discuss it with us; we welcome your interest.

Yours sincerely,

Dr. Neeraj Pershad