



**SPECIFIC INFORMED CONSENT
FOR
WHITE SPOT/DECALCIFICATION/PERMANENT SCARS**

Braces/Aligners do NOT cause white spots on teeth, but they act as food traps where bacteria (present in the mouth) may concentrate. If you don't adequately clean around your braces/aligners, bacterial plaque will form and produce acids, which can dissolve the enamel and cause **white spots or unsightly permanent scars** on the teeth.

This process occurs very rapidly and unless the plaque is removed completely every day, visible scars (white spots) will occur. Active orthodontic treatment may need to be stopped and restorations will have to be placed (at the patient's/parent's expense) by your family/pediatric dentist.

White spots should never occur as long as the patient is diligent in their oral hygiene practices as instructed. Our common goal is a beautiful healthy smile and straight teeth with no white spots. It is the patient's/parent's responsibility to prevent these permanent scars from occurring. In addition, be sure that the **patient** maintains **dental cleanings**, at intervals recommended by the family/pediatric dentist, during orthodontic treatment.

Carbonated beverages (even Diet) and "sports drinks" have been shown to very acidic and can also contribute to white spot formation. Please limit these beverages and rinse thoroughly with water (if you cannot brush) after drinking any of these beverages.

Excellent oral hygiene is still the most important. A special emphasis should be places on brushing at the margin of the gums and teeth.

Remember—**clean teeth do NOT get white spots!** Please help us achieve a nice result and a great smile!

Please understand that without excellent oral hygiene, white spots WILL OCCUR. We hereby give consent to orthodontic treatment and promise to be diligent in home care and use of the prescribed fluoride. (WE UNDERSTAND THAT TREATMENT SHOULD NOT BE STARTED UNLESS WE FULLY AGREE TO THE ABOVE.)

I will receive a copy of this document.

PATIENT

PARENT

WITNESS

DATE