



INFORMED CONSENT FOR: WHITE SPOTS, DECALCIFICATION, PERMANENT SCARS, CAVITIES

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. This acid dissolves the enamel and cause **white spots or permanent scars** on the teeth.

This process occurs very rapidly and the plaque needs to be removed completely everyday. At worst, active orthodontic treatment may need to be stopped and fillings for cavities or scars 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. 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 with the family/pediatric dentist, during orthodontic treatment.**

All carbonated beverages and "sports drinks" have been shown to very acidic and contribute to damaging enamel. Please limit these beverages and rinse thoroughly with water (if you cannot brush) after drinking.

Excellent oral hygiene is still the most important. A special emphasis should be placed 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!

**Understand that without excellent oral hygiene, white spots WILL OCCUR.*

**I/We hereby give consent to orthodontic treatment and promise to be diligent in home care and use of the prescribed fluoride.*

**I/We understand teeth cleanings are done at the dentist's office- not by Hudson Orthodontics.*

(I/WE UNDERSTAND THAT TREATMENT SHOULD NOT BE STARTED UNLESS WE FULLY AGREE TO THE ABOVE.)

A copy of this document will be given to the family.

PATIENT

PARENT

WITNESS

DATE