

# Northland Dental Studio



## IMPORTANT INFORMATION AND INFORMED CONSENT REGARDING YOUR TREATMENT PLAN

Northland Dental Studio, P.A., Katie Hadden, DDS, Mary Kate Peters, DDS, Abby Tibbitts, DMD, and team (the “Practice”) provides the following information to you related to your treatment.

### YOUR TREATMENT PLAN

A comprehensive dental examination has been completed to determine the current condition of your teeth and gums. Based on this exam and discussions with you, the Practice has recommended and presented to you a custom-designed treatment plan (“Treatment Plan”). The purpose of this Treatment Plan is to improve the health, function, and/or appearance of your teeth and gums. Your Treatment Plan involves one or a combination of the following (perhaps along with other recommended dental procedures): veneers, crowns, bonding, fillings, inlays, onlays, tooth whitening, root canal therapy, gum or tooth contouring. Below are summary descriptions of some of these procedures. You may have also been shown photographs of the recommended procedures for you, heard the Practice’s explanations, and/or seen multimedia presentations illustrating the primary procedures proposed for your Treatment Plan.

### DESCRIPTIONS OF CERTAIN DENTAL PROCEDURES

**Porcelain Veneers** are shells of porcelain that are bonded to the teeth. They typically require some roughening or reduction of the outer tooth structure. The Practice will endeavor to minimize the tooth reduction necessary under the circumstances to achieve the desired aesthetic and functional results. At a later visit, the veneers are bonded onto the prepared teeth. The veneers may be designed and fabricated in a variety of shapes and sizes to modify the appearance and function of teeth, including a V-shape that covers the front and backside of the teeth (for example, when opening a bite).

**Crowns** are life-like looking tooth restorations made out of porcelain or porcelain plus other materials. A crown covers the entire tooth structure. Typically, more tooth structure is removed to prepare for a crown placement than for a veneer. Crowns may be recommended for teeth requiring additional support due to a loss of healthy tooth structure.

**Bonding/ Filling** is a term that is commonly used to refer to the placement of composite resins on teeth. Bonding can be used to make a tooth colored filling for small cavities and repair broken or chipped tooth surfaces. It can also be used to close spaces between teeth.

**Inlays or Onlays** may be the recommended treatment when individual back teeth are broken down but retain enough healthy tooth structure to allow for restoration of certain voids in the tooth structure. The tooth is prepared much like a normal filling or a short crown. The restoration material is custom fabricated out of composite resins, porcelain, or porcelain and gold and bonded into the void.

**A Bridge** is a replacement made for missing teeth. It is composed primarily out of porcelain, which is bonded to adjacent teeth. These abutment teeth may require some reduction or crowning in order to support the teeth being replaced.

**Whitening** is performed by applying a peroxide gel to the teeth. This can either be done in our office in an accelerated method or in a take home system. The peroxide reacts with the tooth structure to safely whiten the teeth. Porcelain or composite restorations will not whiten with peroxide.

**Root Canal Therapy** consists of the removal of the infected or irritated nerve tissue that lies within the root of the tooth. This is a possible risk when tooth structure is removed from a tooth or the tooth receives trauma. Usually in the same visit, the canal where the nerve is located will be reshaped and prepared to accept a special root canal filling material. The root canal is then sealed with a sterile, plastic material.

**Tooth Contouring** is the reshaping of existing tooth structure by removing small amounts. We give particular attention to the edges of the upper and lower front six teeth, which may be reshaped to create a more aesthetic result.

**Occlusal Guard** (night guard) is a removable appliance worn to minimize the effects of clenching/grinding of your teeth.

**Gum Contouring** is the reshaping of the gum tissue, which is many times done to give a more symmetrical appearance.

## **CUSTOM PREPARATION**

Each person is unique and presents a different set of circumstances. Some of these circumstances are not revealed until during the procedure itself (for example, decay hidden under old crowns, etc.) or after. Therefore, the exact nature of the tooth and gum preparation for your Treatment Plan may vary somewhat from tooth to tooth and may vary from the general descriptions you have read above or seen elsewhere depending on the amount of decay (if any) present, the shape (e.g., gaps, chips, size) and position (e.g., the amount of rotation, spacing or flaring) of the teeth, and the desired look and function of the final restorations. As a result of these and other reasons, the exact nature and contours of the preparation of your teeth and the resulting restorations cannot be known until they are performed. During the course of treatment, unknown or unforeseen conditions may be revealed that necessitate a modification of the proposed Treatment Plan (e.g., a veneer preparation may become a crown prep). The dentist will exercise her professional judgment to perform a conservative preparation of your teeth and to make other necessary decisions regarding the means, manner and method of any procedures as they deem appropriate to achieve the desired results of the Treatment Plan or as they otherwise deem advisable under the circumstances.

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## **SPECIFIC RESULTS NOT GUARANTEED**

The dental procedures described above have a high degree of success. Human tissues, however, react differently to dental treatment depending on a variety of factors. Each individual case is different and the exact result for each specific case is difficult if not impossible to guarantee. Thus, as with any branch of medicine or dentistry, the proposed Treatment Plan contains no guarantee of specific results. There are many variables that determine how long restorations or whitening can be expected to last, including general health, maintenance of good oral hygiene, regular dental checkups, diet, etc. Therefore, no guarantees can be made or assumed regarding the longevity of restorations or whitening. If you have been provided a computer generated imaging of your smile, you understand that this is an artificial mechanism to serve as a basis for a discussion of treatment, and in no way provides a warranty or representation of specific results. Natural teeth themselves are not "perfect" and contain certain embrasures, striations, and color variations. The dentist will use her artistic skills to specify the shades, coloring, shape, and sculpting of the restorations to make what in their experience are very realistic replicas of teeth. As with any type artistic endeavor, however, aesthetics is a highly subjective perception. You will be allowed to view and approve the lab fabricated porcelain restorations prior to bonding in. Once restorations are placed, and your approval is given, any redos based on the shade, coloring, shape, sculpting, and/or other aesthetic issues will be at the Practice doctor's sole discretion and at current rates. Therefore, you may want to bring a friend or loved one to attend the seat appointment to help approve the restorations.

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## **ALTERNATIVE TREATMENTS**

There are alternative treatments to the Practice recommended Treatment Plan, which may include, but are not necessarily limited to one or more various combinations of veneers, crowns, bonding, onlays, inlays, whitening, contouring of teeth or gums, bridges, dentures, extractions, root canal therapy, fillings, orthodontics, non-surgical therapy, tooth extractions, implant treatments, as well as other dental treatments. Please make sure you have had an opportunity to ask about these and had them explained to your satisfaction.

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## **NON-TREATMENT OPTION**

One option is to have no treatment performed. This alternative may entail a number of actual or potential risks, which are difficult or impossible to quantify or predict for specific cases. Some of the risks of non-treatment may include, but are not necessarily limited to, worsening of any existing symptoms, deterioration of aesthetics or function of your teeth, changes to biting, tooth, head and/or neck pain, fracturing of teeth, discoloration or staining of your teeth, rotation or movement of teeth, TMJ complications, additional wear of your teeth to the point they are not candidates for reconstruction, loss of teeth, difficulty chewing, loosening of teeth, need for dentures, gum recession, bad breath, inability to perform adequate oral hygiene, abscesses or infection, pain, tooth sensitivity, tooth movements, worsening periodontal condition, deeper pockets, and other oral health problems.

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