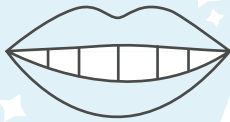


WHAT YOU NEED TO KNOW



Getting braces, or any other orthodontic treatment, is a big commitment. Before you make your decision, it is important you and your family or whānau understand what your options are.

WHY DO I WANT ORTHODONTIC TREATMENT?



GREAT SMILE?



FIX BITE?

THINGS FOR YOU TO DO:

- Think about whether your treatment plan is what you had expected and if it meets your goals.
- Discuss your plan with family and whānau to make sure that everybody's expectations are the same.

It is important you understand why you want orthodontic treatment and that you are realistic about your goals.

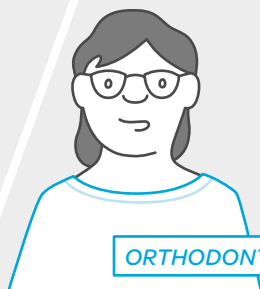
Your case is unique and sometimes there are limits to what can be done. It is your dentist or orthodontist's responsibility to explain the plan they are proposing – and why it is the right plan for you.



WHO CAN PROVIDE MY ORTHODONTIC TREATMENT?



DENTISTS...



ORTHODONTISTS...

THINGS FOR YOU TO DO:

- Ask your dentist or orthodontist about their qualifications and experience in orthodontics.
- Check if your practitioner is a dentist or an orthodontist on the Dental Council's website www.dcnz.org.nz



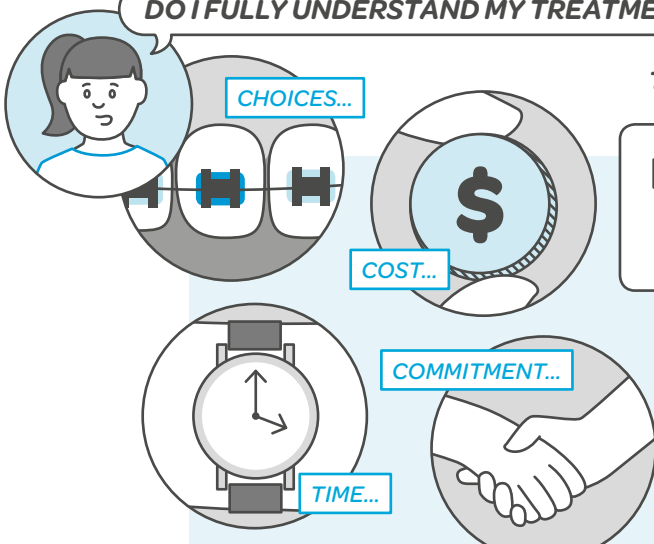
Dentists can provide straight forward orthodontic treatments. Some dentists have completed extra training in orthodontics, but they are not specialists.

Orthodontists are specialists and can provide all types of treatments for straight forward and complicated cases. If your problem is complicated and too difficult for your dentist to treat, they must give you the opportunity to see an orthodontist.

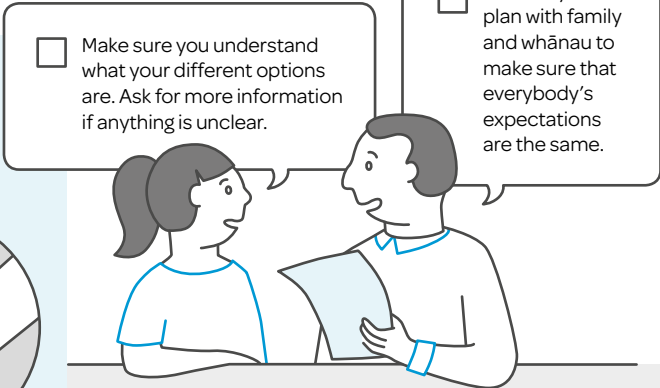


Ask your family or whānau to help you if necessary.

DO I FULLY UNDERSTAND MY TREATMENT OPTIONS?



THINGS FOR YOU TO DO:

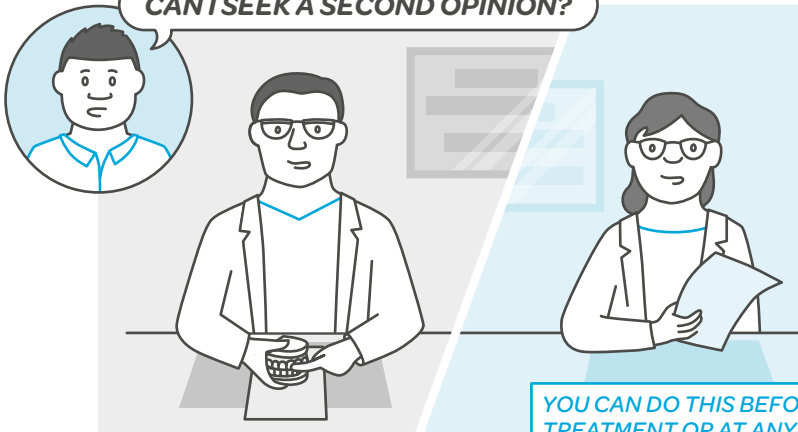


Before you say yes, your dentist or orthodontist must give you and your family or whānau **detailed information about your treatment plan**. They must also tell you about things that could go wrong during your treatment (even if it is unlikely). This allows you and your family and whānau to consider the options and make the best possible choice.

- Make sure you understand what your different options are. Ask for more information if anything is unclear.
- Discuss your plan with family and whānau to make sure that everybody's expectations are the same.
- Ask if there might be any other dental treatment required as part of the suggested orthodontic treatment.
- Make sure you and your family or whānau know how much your treatment plan will cost.



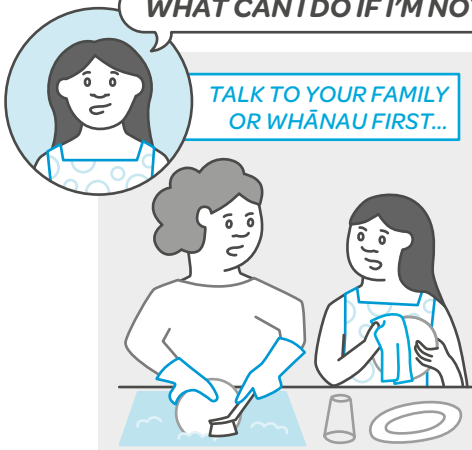
CAN I SEEK A SECOND OPINION?



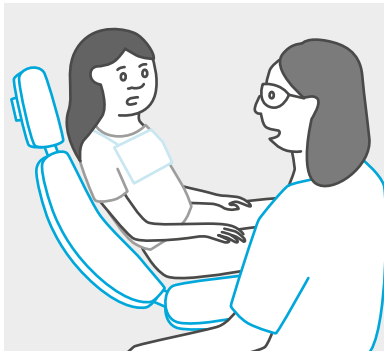
You should always feel confident and comfortable with the orthodontic treatment that has been planned for you. If you, your family or whānau are unsure or do not fully understand why certain treatment choices have been suggested, **consider seeing a different dentist or orthodontist who can give their opinion on your case**. This is called a second opinion.

YOU CAN DO THIS BEFORE YOU START ORTHODONTIC TREATMENT OR AT ANY TIME DURING YOUR TREATMENT...

WHAT CAN I DO IF I'M NOT HAPPY WITH MY TREATMENT OPTIONS OR PROGRESS?



TALK TO YOUR FAMILY OR WHĀNAU FIRST...



TALK TO YOUR DENTIST OR ORTHODONTIST...

If you and your family or whānau feel that any dentist or orthodontist may have caused harm or provided unsatisfactory orthodontic treatment you can discuss this with the New Zealand Health and Disability Commissioner. For more information go to www.hdc.org.nz

If you feel unhappy with the way your treatment is progressing or if it is not meeting your goals, **it is important that you tell somebody**.