

## Biobloc Orthotropics Informed Consent

### The Expancer and the Goals of Orthotropics

\_\_\_\_\_ Impressions of your teeth will have to be made on occasion in order to make or modify your appliances. Photos will be taken periodically as well.

\_\_\_\_\_ You will have an appliance in your mouth on the upper teeth (the Expancer) that will move your upper front teeth forward until they look like they are sticking out more than they are now. There will be braces on those front teeth. This appliance will have wires that fit tightly on your teeth to hold the appliance in. You will have to learn to put it in and out properly. Your lower teeth may also have an appliance to move the lower front teeth forward. Sometimes teeth get sore when they are moved and lips can get sore from the braces. Wax can work well to make lips feel better.

\_\_\_\_\_ You (or your parent) will adjust the Expancer every day, turning a screw on the appliance that will make your upper jaw slightly wider each day. You mustn't forget how to do this, and you must make sure to do it every day. Sometimes a sore can form on your palate, but this is simple to fix by an adjustment to the appliance. I will teach you or your parent how to make this adjustment, in case it's needed.

\_\_\_\_\_ Eating with the Expancer in your mouth will likely be difficult at first, but will get easier. You might feel like you could eat easier without it, but you will under no circumstances be allowed to remove the upper appliance to eat. You may, however, remove the lower appliance to eat.

\_\_\_\_\_ Speaking with the Expancer in place can be a challenge at first. Practice will make it better, and reading out loud might be helpful to feel comfortable. Usually that isn't necessary with the Expancer.

\_\_\_\_\_ You might salivate more, and feel like you have a harder time collecting your saliva at first, as with any appliance in the mouth. This is not common.

\_\_\_\_\_ If the Expancer or the lower appliance ever comes loose, you will need to let your parents know right away. They'll need to bring you to me to tighten them, or else you might lose progress you've made.

\_\_\_\_\_ The Expancer may be removed only to clean and adjust it, usually only once a day.

\_\_\_\_\_ When the upper teeth are in the proper position for your face, and the lower jaw is still where it is now, they might look a little awkward. People might notice and say something to you about your front teeth that stick out. This stage could last up to a couple months, until the Biobloc is in. At that point, your appearance will be much better because the lower jaw will be more forward.

\_\_\_\_\_ When the Expancer stage is done (usually about 3-5 months), the braces are removed, a retainer is made, and your upper baby molars ( ) may have to be removed ( ) will have to be removed, either in our office or by a specialist. There are separate fees that apply for this.

\_\_\_\_\_ In order to allow the subsequent appliances to fit well on the back teeth, when the baby teeth are removed the doctor will also re-shape the gum tissue around the two permanent upper molars. It would be normal to have some soreness during the healing process which pain medication should easily control.

\_\_\_\_\_ If you see an oral surgeon or pediatric dentist for the baby tooth removal, you will have to see Dr. Hockel the same day so we can fit you with a retainer. Even one day delay is not possible.

\_\_\_\_\_ After the baby teeth are gone, and you're eating with your new upper retainer, chewing might be difficult at first. Softer foods initially can help, but normal eating typically returns quickly.

\_\_\_\_\_ Until you have your Biobloc, the upper retainer must never be out of your mouth, except for brief cleaning.

## The Biobloc

\_\_\_\_\_ When you get your Biobloc, you will have to learn to **keep your teeth together at all times, and your lips together when you're not speaking**. That's the only way it can help you. The Biobloc will help train you on the location to hold closed, but you will have to do the work of keeping your teeth closed. This includes the times when you are speaking, when you are at school, and when you are playing. Sports or choir activities that require you to open your mouth are an exception, as is meal time. During these times, while the Biobloc is out, the retainer must be worn. At this stage of the treatment:

**There must always be an appliance in the mouth, either the retainer or the Biobloc, unless you are brushing.**

\_\_\_\_\_ If you do not wear your Biobloc properly, holding your teeth together, and for enough time (22 hours a day is best), your mouth posture will not improve, and your jaw growth and position will not be forward to your potential. This is your responsibility, not your parents' or your orthodontist's.

\_\_\_\_\_ Our #1 goal is to help you with your mouth posture, which is not presently correct. Your mouth, teeth and lips, may be open too much, and your tongue is not habitually on the roof of your mouth. Instead, it rests or pushes against your teeth, or gets between them. The goal of Biobloc orthotropics is to help you learn to correct this. **Myofunctional therapy** may be necessary to help correct your oral posture. If you do not correct your oral posture with the Biobloc, or with the help of myofunctional therapy, if necessary, nothing will change for the better, long-term, and your jaw growth will likely continue to be more vertical (unfavorable) than horizontal (favorable).

**To the degree that you correct your mouth posture long-term, your changes with this treatment will be stable.**

\_\_\_\_\_ You will have to learn to talk with your teeth together when you have the Biobloc in. For most people, this will require practice by reading out loud 20 minutes a day to develop the skills to pronounce properly. This may be a challenge to schedule and to do properly, but your success will depend on it.

\_\_\_\_\_ You will work up to being able to wear the Biobloc all day. This could take a few days or a couple weeks. When your jaws are strong enough to wear it well all day long, you are ready to wear it to bed. If you accidentally move your mouth against the Biobloc guides while you're asleep, you might get a sore in your mouth. In order to allow the sore to heal, it's OK for you to put your retainer in right away, and take out the Biobloc. The Biobloc can usually be worn during the next day, since you'll be able to hold a comfortable position, but it would be good to leave the Biobloc out the next night to let the sore heal. Soon you must be able to wear the Biobloc all night long, holding your mouth closed. Breathing through your nose will be a must. Allergies, tonsils, congestion are all potential obstacles to nasal breathing, and these must be resolved through any necessary means.

\_\_\_\_\_ If you are ever unable to wear the Biobloc, or if it becomes damaged, you must schedule an appointment ASAP at our office.

\_\_\_\_\_ The guides of the Biobloc work by making it comfortable to keep your mouth closed, and slightly less comfortable to open or keep your mouth open. That's how it works. It will not hurt you, but you might hurt yourself, if you wear it improperly. We will help you learn to wear it comfortably.

\_\_\_\_\_ This part of the treatment, wearing the Biobloc full time, will last from 9-12 months, if you do it properly and well. If you *do not* wear it well, even if you wear it for years, your oral posture and jaw position might not improve much, if at all.

\_\_\_\_\_ After your lower jaw has stabilized in the forward position, and after your lips are habitually closed both day and night, you will keep wearing your Biobloc at night for 1-3 years, as the permanent teeth come in.

\_\_\_\_\_ Appointments with Dr. Hockel will be from 1-4 weeks apart initially, usually 2-3 weeks. They will last from 15 minutes to an hour or more.

### **General Considerations**

\_\_\_\_\_ If you schedule an appointment and are unable to give us two business days notice before cancelling or rescheduling, there will typically be a charge of at least \$50.

\_\_\_\_\_ Damage to or loss of any appliance will result in not only a charge not only for the new appliance, but also for the time to adjust it. Retainers are \$250 and Bioblocs are \$300.

\_\_\_\_\_ If you require myofunctional therapy, it is provided for my patients by Kathy Winslow. She is located in El Granada (near Half Moon Bay) but she schedules patients to be seen here in my office. Your times with her will be scheduled directly with her, and the fees she charges are separate from the Biobloc treatment. Speech therapists and other therapists who might have an approach that is not in line with the Biobloc goals will not be much help in establishing our goal of proper oral posture. Myofunctional therapy might cost between \$500 and \$1500.

\_\_\_\_\_ If treatment is discontinued for whatever reason, the value of the treatment provided to date will be calculated. In some cases there may be a refund. The doctor's time and the appliance costs enter in, with the majority of time and value being spent in the early months of the treatment. The fee is paid for the doctor's care, skill and judgment, and not for the result of the treatment. No promises can be, nor have been, made regarding the results to be achieved, which will depend for the most part on your cooperation and many factors out of the control of the doctor.

\_\_\_\_\_ With Biobloc treatment, we often end up with extra space (gaps) between the upper back teeth. This depends on the age we begin treatment, and other factors. The front 8 or 10 teeth can be brought together during a braces phase, if necessary, so that the space is far enough back that it's not noticeable. This space can be left alone, filled in with restorations, or even filled in by adding teeth (implants, etc.) if it's large enough. We prefer the "problem" of too much space, to not enough space.

\_\_\_\_\_ Biobloc treatment will be a challenge and will not be easy, and you might feel like giving up at times. Your parents and I will do our best to support you, but YOU are the one to make it work. You will have to be very determined. The rewards of meeting this challenge are very worth it!!

\_\_\_\_\_ If YOU really want to do this, YOU CAN!

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Patient's Signature

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Parent's Signature

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Date