



PATIENT INFORMATION BULLETIN: Direct-To-Consumer Orthodontics: Is It Right for You?

Talk to Your Dentist.

Advances in technology offer dental patients more treatment options and promise shorter treatment times. Before you bypass the dental office, be informed:



ARE YOU A GOOD CANDIDATE?

Your overall oral health is a big predictor of a successful dental procedure. A dental exam determines if you have any issues which may need to be addressed before considering any procedure.



ARE YOU AWARE OF ALL YOUR OPTIONS?

There's usually more than one option for dental procedures. Make sure you know what's available and why a particular option is being recommended to you. Understand the benefits and risks of each before choosing what's best for you.



DO YOU HAVE HEALTHY ROOTS?

If you have short or unhealthy roots, you may not be a good candidate for procedures that move your teeth, like orthodontics. Root length and health can only be determined by dental X-rays.



ARE THE MATERIALS USED APPROVED BY HEALTH CANADA?

Materials used by registered dentists in Alberta are approved by Health Canada for patient safety. Check for Health Canada approval before placing them in your mouth.



DO YOU HAVE A MEDICAL CONDITION OR TAKE MEDICATIONS?

Conditions like osteoporosis or arthritis and some medications can negatively affect the outcome of a dental procedure. A dental exam will inform your decision.



WHAT IF THINGS GO WRONG?

Know your options: Who's responsible for the treatment? Is there follow-up, and for how long? If your procedure is done by a dentist registered in Alberta, you can contact your treatment provider to resolve any issues.



HAVE YOU EVER HAD FACIAL TRAUMA?

Teeth and bones can fuse together after a sports injury or accident, but not cause a problem until you try and move your teeth! Only your dentist can confirm this with dental X-rays.