

SADDLE PEAK

BIOLOGICAL & AIRWAY DENTISTRY

Informed Consent Orofacial Myofunctional Therapy

Risks and Limitations of Orofacial Myofunctional Therapy

Successful myofunctional therapy treatment is a partnership between the therapist and the patient. Your doctor, therapist and all the staff involved are dedicated to achieving the best possible result for each patient. As a general rule, informed, compliant patients can achieve incredible and very successful results from the therapy program. While recognizing the benefits of a healthy swallowing pattern, proper tone and functioning of the face and mouth muscles, and a correct resting posture for the lips and tongue, you should be aware as with any form of treatment there are limitations and risks. These are rarely serious enough to indicate that you should not undergo treatment; however, it is important for you to know and understand this information.

Myofunctional Therapy is a specialized treatment that includes the diagnosis, prevention, interception and correction of myofunctional disorders, as well as habits associated with or causing these muscular concerns.

Results of Treatment: Myofunctional Therapy treatment usually proceeds as planned, and we intend to do everything we can to help you achieve the best results possible. However, because this type of treatment involves patient participation and at-home involvement, we cannot guarantee that you will be completely satisfied with the results if the assignments and exercises are not completed outside of your scheduled appointments. As with any healthcare treatment, following instructions and program compliance are absolutely required for optimal treatment results.

Relapse: Completing myofunctional therapy treatment does not guarantee perfect oral and facial musculature patterns for the rest of a person's life. Therapy will help develop awareness of correct swallowing patterns, facial musculature, resting posture of the lips and tongue, and eliminate habits, but without maintaining this awareness, old habits and muscle patterns can resurface months or years later. As long as an awareness of the myofunctional concern is maintained, relapse should not occur.

Myofunctional Therapy Treatment and OSA: Myofunctional therapy can help Obstructive Sleep Apnea (OSA) tremendously; however, because OSA is a very involved, complicated health condition with many contributing factors, we cannot guarantee specific results. Additionally, OSA needs to be managed by a medical professional.

Length of Treatment: The length of the "intensive" phase of treatment depends on the number of myofunctional issues, including the severity of the problem, the patient's growth and maturity level, and the amount of at-home cooperation and compliance. The actual treatment time period can range in length from a few months to one year. One year is a sufficient amount of time for anyone to complete the program if they are being compliant and following the therapist's instructions. The period of time considered "intensive" may be lengthened if, for example, certain habits are involved, periodontal or dental problems occur, or if the patient compliance is not adequate. Therefore changes in the original treatment plan may be necessary. If the treatment time is extended beyond the original estimate of one year, additional fees may be assessed.

Allergies: At the beginning of your therapy, your ability to breathe through your nose for a certain amount of time will be evaluated as this is a necessary function to start treatment. Occasionally, patients with chronic allergies / nasal congestion require a change in the treatment plan in order to reduce congestion and increase the airway capacity prior to starting myofunctional therapy. This may or may not require a referral to a medical professional.

 The fee paid for this program covers up to one year of treatment from the initial intake /evaluation appointment and refunds will not be given due to non-compliance or program abandonment.

Temporomandibular (Jaw) Joint Dysfunction: Many patients can find relief from problems that occur in the jaw joints (temporomandibular joints or TMJ) causing pain, headaches or ear problems through myofunctional therapy. However, because problems associated with TMJ are often multifaceted, and can be rooted in non-muscular causes, therapy is not guaranteed to help all patients. We are pleased when therapy proves to be beneficial in reducing pain or other symptoms of the TMJ, but cannot guarantee this outcome for every patient. Treatment by other medical or dental professionals may be necessary.

Ankyloglossia (Tongue Tie) and Frenectomy (surgical release of restricted frenum): Many patients experience myofunctional disorders caused by a tight or restricted lingual frenum. This affects occurs when the tongue is “tied” or anchored to the floor of the mouth by a piece of tissue. In some cases, it is impossible to proceed with myofunctional therapy because the tongue is severely restricted and unable to function or move properly. In these circumstances, a procedure called a frenectomy must be performed to release the tight tissue underneath the tongue. Without a frenectomy, improper resting posture, swallowing patterns and orofacial musculature cannot be corrected. Treatment by a dentist or oral surgeon may be necessary and the cost of that procedure(s) is not included in the treatment plan and is solely the patient’s responsibility.

Speech Therapy:

Myofunctional therapy is not considered to be speech therapy; these are two separate and distinct fields. However, myofunctional therapy has been shown to improve speech when muscular concerns are the underlying issue. Myofunctional therapy has a foundational role in correcting speech problems and can be considered a “building block” that is often part of achieving successful speech outcomes. Once correct muscle patterning and swallow are attained through myofunctional therapy, a basic level of muscular control is reached, which dramatically increases the success rate for correcting speech problems. Due to the wide variation in causes for speech concerns and disorders, it is impossible to guarantee that myofunctional therapy alone will improve your speech. Treatment by a licensed speech therapist may be necessary.

Myofunctional Therapy Supplies: One myofunctional kit with standard supplies is provided in the cost of your treatment fee; however, individual treatment plans may require the patient to purchase additional supplies for optimal treatment results. Refill supplies and/or additional standard kits (one for home and another for work, for example) may be purchased for an additional charge.

 I have received my standard myofunctional therapy kit and tools that are included in the cost of my treatment fee.

Missed Appointments and Cancellation Fees: Myofunctional therapy appointments are in high demand and to ensure the best patient experience, we require a 48 hour notice for cancellations or rescheduling. A \$50 cancellation fee will need to be paid before rescheduling your next appointment if proper notice is not given. Additionally, if you are more than 5 minutes late for your appointment, you will need to reschedule and the cancellation fee will apply.

Consent to Electronic Health Care Appointments / Zoom Meetings: By participating in this treatment, you give consent to receive treatment via electronic appointments to include but not limited to “Zoom.” You will receive your meeting link prior to your appointment. If you do not see it, please check your junk/spam folder.

Therapy Sheets: Your therapy sheets are an integral part of your treatment record and are used to record compliance. Please complete them accurately and consistently and ensure they are emailed (or brought in person) by the start of your next scheduled session by emailing them to kendra@saddlepeakdental.com

 If any of the conditions or complications mentioned above do exist or occur, a referral to another dental or medical professional may be necessary for further treatment and is the sole responsibility of the patient/patient representative.

Acknowledgement and Consent

I hereby acknowledge that I have read and fully understand the treatment considerations and risks as well as understand and agree to the financial, scheduling, compliance and other office policies presented in this form. I also understand that potential problems can occur and that actual results may differ from the anticipated results. I acknowledge that I have discussed this form with Kendra Kearns, RDH, and have had the opportunity to ask questions and have them answered to my satisfaction. I hereby consent to the treatment proposed and I authorize Kendra Kearns, RDH, to provide my healthcare information to my other healthcare providers to include but not limited to doctors and their appointed staff from Saddle Peak Dental.

I understand that my treatment fee covers only treatment provided by Kendra Kearns, RDH, at Saddle Peak Dental and that treatment provided by other dental and/or medical professionals is not included in the fee for my myofunctional therapy treatment. Furthermore, I hereby consent to the making of diagnostic records, before, during and after my myofunctional therapy treatment. These records may include but are not limited to measurements, photos and x-rays. I fully understand the risks, limitations and guarantees associated with the treatment and hereby give consent to undergo myofunctional therapy treatment.

Signature of Patient / Parent / Guardian

Date