



Orthodontic Consultation Checklist for Parents

A trusted resource from **Valley Orthodontics**

Use this checklist during your child's orthodontic consultation to feel prepared, confident, and informed when choosing orthodontic care.

- Does my child need orthodontic treatment right now, or should we monitor growth first?
- What type of orthodontic treatment do you recommend, and why is it best for my child?
- How long is treatment expected to take, and what factors could affect the timeline?
- What is the total cost of treatment, and what does it include (adjustments, retainers, repairs)?
- How often will appointments be scheduled, and how flexible is the office if we need to reschedule?
- What can we do at home to support treatment (oral hygiene, foods to avoid, managing discomfort)?
- What happens after treatment is complete, and what should we expect with retainers?

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