

Teeth whitening information & consent form

❑ What is it all about?

Teeth whitening is a non-invasive procedure that is designed to lighten the colour of your teeth. Significant lightening can be achieved in the vast majority of cases. It is safe, effective and the results are stable. The active ingredient most commonly used is hydrogen peroxide; it has been in use for over 50 years and has a proven track record of safety and effectiveness.

❑ Is it for me?

Just about anyone is a candidate for tooth whitening. However, like any other treatment, there are inherent risks and limitations. These are seldom serious enough to discourage you from having your teeth whitened, but should be considered when making a decision to have the treatment. Factors such as the type of discolouration & overall condition of your teeth have a direct bearing on the level of whitening that can be achieved.

❑ Pregnancy and tooth whitening

Do not use the whitening gel if you are pregnant. There are no known adverse reactions but long term effects are unknown.

❑ Can the results be guaranteed?

The level of whitening that can be achieved varies from one individual to another, therefore, it is not possible to guarantee the outcome.

❑ Other treatment options

You could consider alternative treatments such as crowns or veneers but these are more invasive than whitening and require the irreversible removal of tooth substance. In addition, the cost is significantly higher than whitening.

❑ How does it work?

Whitening systems are based on the release of hydrogen peroxide from a ph-balanced gel. This gel is applied to a close-fitting, custom-made tray. Hydrogen peroxide permeates the enamel and dentine and breaks down the stain without any known detrimental effect to the tooth.

❑ What are the potential problems?

Allergies-The active ingredient is hydrogen peroxide in a glycerine base. You should not proceed with this treatment if you are aware of any adverse reactions/ allergy to these ingredients.

Tooth sensitivity- about 70% patients experience some degree of sensitivity during the whitening process (usually by the third day). This is generally mild. If you experience sensitivity, you can use desensitising toothpaste or gel (Sensodyne, Colgate Pro-Relief or GC Tooth Mousse). You can either put it in the trays or brush/ rub it into an individual tooth. You can repeat this process before and after wearing the trays until the sensitivity stops. If the sensitivity persists, you should stop and contact the Practice for additional advice.

Gum irritation If irritation develops it may be necessary to stop for one to two days. Please contact your dentist if the irritation persists.

Sore throat-If you overload the bleaching tray, the excess can cause mild irritation. The best way to prevent it is to wipe off the excess with a tissue after seating the bleaching tray. Your dentist will show you how to place the correct amount of gel in your custom made trays.

Effect on existing fillings- you may find that after tooth whitening, your fillings no longer match the colour of your teeth. It may become necessary to replace discoloured fillings. Your dentist can point out which fillings are likely to be affected before you start the process.

❑ How long does it take?

The whitening process can usually be completed over 2 to 5 weeks. **The tray should be worn for 1 hour each day.** It is advisable not to smoke during the treatment. Try to reduce the amount of tea, coffee, red wine and avoid berries / curry during and immediately after the treatment.

❑ Are the results permanent?

Tooth whitening is an irreversible process and the results are stable over time. However, there is a tendency for some relapse after approximately 18 months due to dietary factors. When the treatment is completed, please keep the trays so you can do a top up treatment.

❑ **How much will it cost?**

Costs vary according the type of treatment (internal/external) and the duration of the treatment. A fee guide is available from reception.

❑ **What is included in your home whitening treatment?**

1. Initial consultation and follow up appointments
2. Custom made flexible trays
3. Photographic records (before and after)
4. Whitening gel kit
5. Desensitising toothpaste

❑ **What is not included**

1. If you need more bleaching gel to complete the whitening process, you can purchase additional syringes individually; these are available on concentrations of 3% and 6% hydrogen peroxide for home bleaching.
2. If you lose your trays you will need to buy replacement trays. Please keep your trays in the box supplied and follow the care instructions.

Consent

- Tooth whitening techniques have been in use worldwide for several decades. The products and procedures have developed to enhance the clinical benefits and minimize the side effects (such as sensitivity). Research indicates that using hydrogen peroxide to whiten teeth is safe. There are no known long-term detrimental effects to the teeth or the soft tissues of the mouth (gums, throat, tongue, cheeks).
- There is always an element of risk in any form of intervention (allergy, adverse reaction, prolonged sensitivity etc). Acceptance of the treatment means acceptance of risks.
- The results cannot be guaranteed. The extent of whitening achievable varies from individual to individual. If you require extended treatment to achieve the desired results you will need to purchase additional syringes.
- I have considered relevant alternatives and request and authorize teeth-whitening treatment. I have had an opportunity to discuss and consider the proposed treatment and understand the implications and scope of the tooth whitening procedure.
- I understand that no assurances or guarantees can be given beforehand in respect of the level of whitening that can be achieved in any particular case.
- I have read and understood the above points and confirm that I have read the entire document (2 pages).

Name: _____ Signed: _____ Date: _____

