



Tooth Whitening Information/Informed Consent

General Information

Tooth Whitening is a procedure that is designed to lighten the color of your teeth. When done properly, whitening will not harm your teeth and gums. Significant lightening can be achieved in the majority of cases, but the **RESULT CANNOT BE GUARENTEED**. Whitening, like any other treatment, has some inherent risks and limitations. These are seldom serious enough to discourage you from having your teeth whitened, but should be considered in making a decision to have the treatment. In addition, there are variables such as the type of discoloration that affects your teeth, the degree to which you follow our instructions, and the overall condition of your teeth that can affect the outcome_of treatment.

Candidates for bleaching

Almost anyone is a candidate for bleaching. However, people with dark yellow or yellowish-brown teeth tend to whiten better than people with gray or bluish-gray teeth. **Teeth with many fillings, cavities, chips, decalcification, brown spots ect, are usually best treated by bonding, porcelain veneers, or porcelain crowns.**

Types of bleaching

In-Office Whitening: This process can be done in one visit. Each appointment takes about 1-1, 5 hours. The whitening product is applied and allowed to penetrate your teeth to lighten them. Sometimes, a high intensity light may be used to further activate the whitening products.

The advantage of in-office whitening includes our doing all the work for you and less overall time spent whitening your teeth. The disadvantage includes the normal inconvenience of any dental treatment such as having to keep your mouth open for the duration of the appointment.

Home Whitening: This process can be done anywhere- not just at home. It involves wearing a custom-made whitening tray that looks like a thin, transparent night guard, which is filled with mild whitening gel or a preformed tray filled with mild whitening gel. You need to wear the whitening-filled tray a specified number of hours per day for approximately 2 weeks. The advantages include the convenience and possible less cost. The disadvantages include the inconvenience of wearing the whitening tray and the results depend on your consistent uses of the whitening product.

You're Responsibilities

Keeping your appointment

Wearing your whitening tray: If you choose home whitening, it will only be effective if you conscientiously wear the whitening tray for the prescribed number of hours per day.

Communication: If you experience severe discomfort or any other problems, contact us immediately.



Potential Problems

Tooth Sensitivity: During the first 24 hours following whitening, many patients experience **sensitivity**. This sensitivity is usually mild if your teeth are not normally sensitive. With in-office whitening, this sensitivity will usually subside within 1-2 days. With home whitening, it may be necessary to reduce the number of hours you wear the whitening tray or stop using it for a short time to resolve the sensitivity. If your teeth are sensitive after whitening, a desensitizing gel or fluoride treatment may be an option.

Gum Irritation: With home whitening, **irritation can result from using the whitening tray too many hours when you first start whitening or using the whitening tray too many hours in a row without a break**. It may be necessary for you to reduce the number of hours you are wearing the whitening tray or stop using it for a short time to resolve these gum problems. The whitening tray may also overlap your gums, allowing the whitening to contact your gums for an extended period. This problem can easily be resolved by trimming the tray slightly.

Leaking Fillings or Cavities: Most whitening products are indicated for the outside of teeth. However, **if you have any fillings that are leaking** and allow the whitening to get into the inside of the teeth, **damage to the nerves of the teeth could result. In this case, the filling needs to be redone prior to the whitening**. In addition, open cavities can also allow whitening to reach the nerves of the teeth. They should be filled before whitening.

Cervical Abrasion/Erosion: These conditions affect the root of the teeth **when gums recede**. They are the grooves, notches, or depressions where the teeth meet the gums that look darker than the rest of the teeth. They look darker because there is no enamel in these areas. **Even if these areas are not sensitive, whitening can potentially penetrate the teeth and damage the nerves. These areas should not be whitened and should be filled after whitening.**

Effect on fillings: Home whitening can cause tooth-colored fillings to become softer and may make them more susceptible to staining. Therefore, you should be prepared to have any filling in your front teeth replaced after whitening. In addition, **since whitening will normally lighten teeth, but not fillings or crowns, you may need to have your fillings replaced** anyway, so that they will match your newly whitened teeth.

Completion of Treatment

Level of Lightening: **There is no reliable way to predict how light your teeth will whiten.** With in-office whitening 1 session is usually necessary to significantly whiten teeth. With home whitening 2 weeks of wearing the whitening tray daily for prescribed number of hours will give you much lighter teeth. Additional whitening may provide slightly more whitening.

Relapse: Once whitening is complete, **there may be a gradual relapse**. To reverse this relapse, a touch-up treatment may be necessary after 12 months. With home whitening, you may choose to wear your whitening tray once a month to prevent relapse.

I have read and understand the whitening procedure. The above information has been explained to me and I have had the opportunity to ask questions. I consent to this treatment.

PATIENT SIGNATURE

WITNESS SIGNATURE

DATE: