



## Teeth Whitening Information & Consent Form

### General Information:

Teeth whitening is designed to lighten the color of your teeth. Significant lightening can be achieved in the vast majority of cases, but the results cannot be guaranteed. When done properly, the whitening will not harm your teeth or gums. However, like any other treatment, it has some inherent risks and limitations. These are seldom serious enough to discourage you from having your teeth whitened, but should be considered when deciding to have the treatment.

### Candidates for Teeth Whitening:

Just about anyone is a candidate for teeth whitening. However, the following cases should be considered:

- People with dark yellow or yellow-brown teeth tend to whiten better than people with gray or bluish-gray teeth.
- Multi-colored teeth, especially if due to tetracycline, do not whiten very well.
- People with significant periodontal disease are not good candidates.
- If you are pregnant, obtain permission from your doctor before trying the whitening procedure.
- People with minimal discoloration, (teeth that are already very white) may not see a substantial degree of whitening.
- Teeth with many fillings, cavities, chips, etc., are usually best treated by bonding, porcelain veneers or porcelain crowns. Any current restoration you have, such as, fillings, porcelain crowns, onlays and inlays cannot be whitened. In rare cases, patients have reported hardness, frostnip /blister and discrete nodules or enlargement of the treatment area.

### IN-OFFICE WHITENING

This process can be done in one visit or may require multiple visits depending on how your teeth respond to the whitening gel. Each appointment takes approximately one hour. The advantages of In-office whitening include our doing all the work for you and in less total time.

#### **COMPLICATIONS:**

**If you experience any severe discomfort or other problems, discontinue the whitening and contact us immediately. Most sensitivity is usually transient and disappears after one to several days.**

## Potential Problems

### TOOTH SENSITIVITY

During the first 24 hours following whitening, some patients experience transient sensitivity. This sensitive is usually mild if your teeth are not normally sensitive. With power whitening, this sensitivity will usually subside in 1-2 days.

However, if your teeth are normally sensitive, whitening may make your teeth more sensitive for an extended period of time. Under these circumstances, you may choose to delay the whitening process until we are able to complete desensitization procedures.

If your teeth are sensitive after whitening, a mild analgesic such as Tylenol or Advil will usually be effective in making you more comfortable until your tooth sensitivity returns to normal.

### GUM IRRITATION

This is the result of a small amount of solution leaking under the gum protection. A burning sensation on your gums may also occur. This should resolve by itself between a few hours to a few days. You may also experience burning and /or swelling of the lips. With home whitening, irritation can result from over filling your trays causing leakage onto the gum tissue. Irritation can also occur if you are using the tray for too many hours when you first start whitening. It may be necessary for you to reduce the amount of gel placed and reduce the amount of time you are wearing the trays or stop wearing for a few days.

### EFFECT ON FILLINGS

Tooth colored fillings will not whiten. If the filling matches your current color, whitening will result in mis-matched shades with your natural teeth. You may need to have your fillings replaced to match you newly whitening teeth.

### LEVEL OF LIGHTENING

There is no totally reliable way to predict how light your teeth will whiten. With power whitening, one session usually significantly whitens your teeth. Some patients require an additional session. With home whitening, this may take two to four weeks or longer of repeated applications.

### RELAPSE

Following completion of whitening, pigments found in food and drinks will re-stain your teeth  
I have read the information provided and understand the whitening procedure and I consent to this treatment.

Signature

Date

Witness \_\_\_\_\_

*Thank you!*