

Patient Name: _____

Date: _____

INFORMED CONSENT FOR TEETH WHITENING

This information is provided to give the patient insight into professional methods of teeth whitening. As in all health care, there are limitations and risks. Absolute success cannot be guaranteed.

Teeth whitening, as performed in the dental office, has been in existence for many years. Its safety is considered very high. The methods used in this practice are no exception. There are variables which can affect the outcome of the procedure, such as the type of discoloration that affects your teeth, the degree to which you follow our instructions (take-home bleach) and the overall condition of your teeth.

1. Who are the best candidates for whitening?

Almost anyone is a candidate for whitening. Experience shows that people with dark yellow or yellowish brown teeth sometimes achieve better whitening results than those with gray or bluish gray teeth. Multi-colored teeth, especially if stained due to tetracycline, do not whiten as well. In addition, teeth with many fillings, cavities, chips, etc., are usually best treated through bonding, porcelain veneers, or porcelain crowns. A medical history form is also required to be completed prior to treatment. Some medical conditions may exclude you from treatment.

1. People with significant periodontal disease are not candidates
2. People with fillings that may be breaking down with cavities in their teeth, or with chipped or worn teeth may be better treated with restorative procedures first.
3. Pregnant women, should obtain permission from their doctor before whitening.
4. Heavy smokers should discontinue the use of tobacco after whitening, for 24hrs if possible.

2. What types of whitening are available?

a. In-Office whitening: We use the _____ system, which can be done in one visit. The total appointment time is about _____ hours.

Due to the strong whitening gel used in this procedure, either a resin or a rubber shield must protect your gums. Once the gums are protected, the gel is applied to the tooth surface. In many cases, a special high intensity light will be used to further activate the gel.

In-office whitening can also be done to lighten a tooth that has had a root canal. In this case, the tooth is whitened both from the inside and the outside; (inside whitening of root canal treated teeth is done at an added expense).

The advantage of In-Office whitening is that we do the work for you, and spend less overall time whitening your teeth. The disadvantages include some of the normal inconveniences associated with any dental treatment, such as having to keep your mouth open for the duration of the procedure, and that possibility of increased costs, as compare to Take-Home whitening.

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b. **Take-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 nightguard. You fill the tray with a mild whitening gel. You then need to wear the gel filled tray for the specified period of the time each day (per our instructions). This procedure must be continued over a period of time that generally extends from 2-4 weeks. We will check your whitening progress as necessary during the period you are using the whitening gel.

The advantage of Take-Home whitening is the ease of use. The disadvantages include the inconvenience of wearing the whitening tray, and that your results will depend on your consistent use of the tray.

c. **Combination of In-Office & Take Home:** We encourage this method to maintain the results over a long period of time.

3. What should be expected upon completion of professional whitening?

We have obtained excellent results in most cases, but there is not a definite way to predict how light your teeth will get. Teeth in the yellow shade range tend to whiten better than those in the gray or gray brown ranges.

Teeth discolored by certain antibiotics, decalcification, root canal therapy or trauma do not respond as predictably, and often require additional treatment. This is best accomplished by the Take-Home treatment.

If your teeth are already a shade of A-1 to B-1, on an in-office shade guide, your additional results will be minimal.

During the consultation you may be shown before/after pictures of other patients. These are all patients we have treated in this office.

Dr. _____ will provide an approximation assessment as to the level of whiteness you may achieve. Remember, these procedures only whiten natural teeth, not existing fillings or crowns. If you have any questions about this, please discuss them with us prior to signing this form, and proceeding with this whitening procedure.

4. What are the potential side effects of whitening teeth?

Tooth sensitivity: During the first 24 hours following an In-Office whitening most patients experience some sensitivity. This will usually be mild and subside in one or two days. With the take-home whitening, it may be necessary to reduce the number of hours you can wear the tray, or stop using it for a short period of time.

If your teeth are hypersensitive to begin with, please ask us about desensitization procedures before we start the treatment. Occasionally, a patient may require a mild pain reliever such as Tylenol or Advil, to make them comfortable until their teeth return to normal.

Other problems: These can include gum irritation, (usually minor), sore throat, sensitivity from leaking fillings or cavities, toothbrush abrasion/erosion, root resorption in root canal treated teeth.

5. What sort of maintenance and relapse can be expected?

Your teeth shade will revert back slightly, in the first 24 hours. This is due to slight dehydration of your teeth during the In-Office procedure. Also, through the normal staining process of daily eating and drinking, a slight regression may occur. This will depend on the frequency of your use of tobacco products, coffee, tea, red wine, and other staining foods/drinks. This is usually managed by the Take-Home procedure.

6. What are some alternative treatment options?

Although teeth whitening is effective in many cases, other options do exist for whitening teeth. These include:

- A. Porcelain Fused to Metal crowns
- B. All porcelain crowns
- C. Porcelain Veneers
- D. Composite Bonding
- E. Other brands of In-Office and Take-Home products

7. What are the special considerations?

Some whitening systems use a light source that emits ultraviolet light. Although the output is less than half of the typical UVA exposure of commonly used facial and full body tanning units, the procedure incorporates significant protective and precautionary measures, all of which, our office follows.

Nevertheless, individuals undergoing PUVA therapy (Psoralen & UV Radiation), or other photo-chemotherapy, as well as those with melanoma should consult their physician prior to treatment. Patients taking light sensitive drugs should also consult with their physician regarding possible photo-reaction.

8. Other Considerations

1. Peroxide solutions have been available for many years as an antiseptic in the mouth and it is widely used for its effect on teeth whitening.
2. If tooth sensitivity develops, fluoride home care gels may be used to reduce sensitivity. Also frequent gargling/rinsing mouth with luke-warm salt water will ease sensitivity.
3. Temporary inflammation of and or white spots on your gums can be caused by the Whitening procedure. This should resolve within 5 days, if it persists contact your dentist.
4. If you have fillings that are breaking down, decay in your teeth, erosions of the teeth or exposed root surfaces, due to periodontal disease, the peroxide may cause tooth sensitivity. Such conditions need correction, prior to the whitening procedure. Please inform your dentist.
5. The whitening procedure, can be very effective at whitening the teeth, but will not change the colour of the fillings or crowns already in your teeth. For aesthetic reasons such fillings may need changing after the whitening procedures.

9. Patient Responsibilities

- a. Avoid the use of tobacco, tea, coffee, red wine and other teeth staining foods i.e. tomato paste and dark green vegetables for 1-2 days after whitening.
- b. Never place household or commercial bleaches in your mouth.
- c. Keep your recall appointments with your dentist.

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10. Photographs of Case

In an attempt to help patients understand the benefits of certain dental treatments, we often times show them "before and after" photographs of procedures we have completed in this office. With your permission (seperate written consent), we would like to use your photographs, if suitable, for our "examples files." This may include in-office use, teaching seminars for other health care providers, and/or use on our website.

AUTHORIZATION & RELEASE

I certify that I have thoroughly read and understand the above information. I confirm that I have had a consultation and examination by my own dentist. I understand there are no guarantees as to the degree of whitening of my teeth. The risks and benefits have been explained to me and I understand them. I have had the opportunity to ask questions, and I have had all of my questions answered to my satisfaction. I consent to the treatment and I assume the responsibility for the risks described above. I do not suffer from any of the medical conditions described or from any other condition, which may result in my being unsuitable for whitening treatment.

With this understanding, I give the authorization to Dr. _____ and his staff to perform the whitening procedure on me. I agree to be responsible for payment of services rendered on my behalf, or my dependents.

Signature of Patient, Parent, or Legal Guardian

Date