

Tooth Whitening Informational Consent Form

1. General Information

Tooth whitening is designed to lighten the color of your teeth. Significant whitening 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.

2. Candidates for Tooth Whitening

Almost anyone is a candidate for tooth whitening.

Contraindications for teeth whitening:

- 1) Periodontal or gum diseases,
- 2) Pregnancy
- 3) Patients under the age of 18 years
- 4) Patients who have a known allergy to any teeth whitening products
- 5) Epileptic Patients

3. Teeth Whitening Procedure:

In-Office Whitening – This process can usually be done in one visit. The appointment lasts approximately an hour. It will include an initial consultation with the Dental Surgeon who will check if it is the appropriate treatment for you. You will also have to fill out a medical history form to enable the Dentist to assess your medical fitness for the procedure. If deemed suitable, the dentist will then start the teeth whitening procedure on you. This will include application of PPE, Cheek retractors, gum barrier and the gel followed by 3 x 15 minute cycles to complete the process.

4. Potential Problems

Tooth Sensitivity – During the first 24 hours following whitening, some patients experience transient sensitivity. This sensitivity is usually mild if your teeth are not normally sensitive. With in-office 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. If your teeth are sensitive after whitening, a mild analgesic such as Paracetamol 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 coming into contact with the gums. This can cause temporary inflammation and white spots. A burning sensation on your gums may also occur. This should resolve itself between a few hours to a few days. You may also experience burning and/or swelling of the lips.

Patchy whitening- sometimes, the end results of teeth whitening may appear patchy. This happens because parts of the outer layer of the teeth that is the enamel may have inherent defects i.e. (some parts may be hypermineralised, while some parts may be hypomineralized resulting in whitening which is not uniform). However, there is nothing to worry, as the results will appear gradual and uniform in a few days.

5. Completion of Treatment

Level of Whitening – There is no totally reliable way to predict what shade we can achieve. With in-office whitening, one session usually significantly whitens your teeth. Some patients require an additional session.

There are no guarantees as to the degree of whitening of your teeth. The amount of whiteness varies with each individual.

Relapse – Following completion of whitening, pigments found in food and drinks will re-stain your teeth, commonly called whitening relapse.

NAME _____

I have had the tooth whitening procedure fully explained to me and have had the opportunity to ask questions. I have read this information sheet.

I consent to treatment and assume responsibility for the risks described above. I also consent to photographs being taken. I understand that they may be used for documentation and illustration of my whitening treatment.

Signature _____ Date _____