

Teeth Whitening Procedure and Consent Form

Teeth whitening is a procedure to lighten your teeth. Teeth whitening can't make your teeth brilliant white, but it can lighten the existing shade of your teeth by several shades.

The active ingredient is 10% - 16% carbamide peroxide in a glycerine base. If you know of any allergy or are aware of an adverse reaction to this ingredient, please do not proceed with the treatment.

Benefits of Teeth Whitening:

1. Your teeth can be whitened fairly quickly in a simple manner.
2. It is safe, effective, convenient and cost-effective way to whiten your teeth and give you the flawless smile you were meant to have.
3. Teeth Whitening removes persistent stains and brightens your smile leaving you with more self-confidence.

Risks :

Research indicates that use of carbamide peroxide to whiten teeth is safe. Long term effects are yet unknown. Although the extent of risk is unknown, acceptance of treatment means acceptance of risk.

Side Effects:

1. Short lived sensitivity usually lasting less than 2-3 days which tends to resolve once the treatment is complete.
2. Teeth whitening can cause mild irritation of the gums, if you notice severe sensitivity or irritation please contact the dentist for advice.

Teeth Whitening Procedure:

Before Bed:

1. Brush your teeth thoroughly for two minutes with normal toothpaste.
2. Prepare your tray by placing a little whitening gel into each of the reservoirs as instructed by dentist.
3. Place the tray in the mouth and ensure that it is well seated.
4. Remove excess whitening gel with a cotton roll or tissue.
5. Try not to swallow any excess material.
6. Dab the front teeth dry on the front and back with a tissue.
7. Keep the whitening kit in the refrigerator whilst keeping the currently used syringe at room temperature to prevent sensitivity.

On Waking:

1. Take the trays out and rinse mouth with water.
2. Brush with normal toothpaste 20 minutes after removing the trays.
3. Wash the trays in cool water.
4. Leave the trays in an open box to air dry during the day.

The amount of whitening you will see varies with the individual. Though the majority of patients achieve a change within 2-3 weeks.

Precautions :

1. Try to reduce the amount of tea, coffee and red wine. Try to avoid eating berries, curries and acidic drinks during or after the treatment for at least 1 month.
2. It is advisable not to smoke during the course of the whitening treatment for at least 5-8 weeks to optimise the whitening result.
3. Avoid the whitening treatment if you are pregnant. There have been no adverse reactions, but long-term clinical effects are unknown.

After completing the whitening treatment you might notice the shade of the teeth may darken slightly which is usual, however this will only be by a few shades and the majority of this occurs within first 6 months. It is important to note that most people are however very pleased with the overall lightened shade of their teeth.

Teeth whitening will **not lighten any existing fillings, veneers, or crowns** and if this is affecting the smile **they might need replacement** and this will incur additional cost.

I have read the above information and agree to return for examination in 2-3 weeks after treatment begins and at any recommended time afterwards. I have read and have received a copy of this information sheet.

I consent to treatment and assume the risks described above.

I consent to photographs being taken. I understand that they may be used for documentation and for illustration of my treatment.

Patients Name:

Signed:

Date:

Dentists Name:

Signed:

Date: