

## 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. However, 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. Teeth with many fillings, cavities, chips, etc., are usually best treated with bonding, porcelain crowns and onlays. These cannot be whitened.

### 3. Types of Tooth Whitening

- **In-Office Whitening** – This process can usually be done in one visit. The appointment takes approximately 1 ½ hours.  
The advantages of in-office whitening include: reduced treatment time and more immediate results. The disadvantages include the normal inconveniences of any dental treatment, such as having to come to our office to have the procedure done and having to keep your mouth open for the duration of the appointment.
- **Home Whitening** – This process, which can be done anywhere and anytime, involves wearing a custom-made whitening tray filled with a mild whitening agent for optimal results. You should continue treatment for about one to two weeks, depending on the degree of whitening desired. The advantages of home whitening include performing the treatment when it is convenient for you. The disadvantage to home whitening is that the success of the treatment is dependent on your commitment to wearing the whitening tray consistently for the prescribed period.

### 4. Your Responsibilities

- **Wearing Your Whitening Tray** – If you choose home whitening, it will only be effective if you conscientiously wear the tray for the prescribed time for one to three weeks.
- **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.

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## 5. Potential Complications

- **Tooth Sensitivity** – During the first 2 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. With some whitening, it may be necessary for you to reduce the number of minutes or hours you are wearing the whitening trays or stop using them for several days to resolve the sensitivity.

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 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 within a few hours. You may also experience temporary 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 may 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.

## 6. Completion of Treatment

- **Level of Whitening** – There is no reliable way to predict how light your teeth will whiten. With in-office whitening, one session usually significantly whitens your teeth. Some patients require an additional session. With home whitening, it may take two to four weeks or longer of repeated application to achieve the desired results. 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. Therefore, whitening maintenance may be required.

I have read the information provided and understand the whitening procedure. The Doctors or the staff have explained this procedure to me and all my questions, if any, were answered. I consent to this treatment.

Patient Signature: \_\_\_\_\_ Date \_\_\_\_\_

Witness \_\_\_\_\_