



Teeth Whitening Consent

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.

If you are pregnant, obtain permission from your doctor before trying the whitening procedure.

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.

Exceptionally whitening-resistant teeth, including but not limited to tetracycline stained or fluoride stained teeth, require longer treatment times than average cases, and in some cases require additional in-office whitening procedures. This is variable, and the time frame and number of necessary in-office visits cannot be known with certainty prior to the beginning of treatment. If the time necessary and the number of in-office whitening sessions are more than anticipated, additional charges may apply.

Types of Teeth Whitening:

- In Office Whitening
 - This method of teeth whitening is performed in the dental office and typically takes a little longer than one hour. The advantage of this technique is that the results are achieved quickly, without need for wearing whitening trays at home. The disadvantage is that all types of one-visit, one-hour whitening are unpredictable, (regardless of the brand or products used) and the result has the potential to fade more quickly than other types of professional whitening treatments.
- At Home Whitening
 - This method of teeth whitening requires the wearing of custom made whitening trays at home, most often for two weeks, however additional weeks may be necessary in more whitening-resistant cases. The advantage of this system is that it is more predictable, more effective and the results are permanent when you follow the post-whitening directions and maintenance that will be recommended for you after your whitening is completed. The disadvantage is that whitening results are not immediate and most often require two or more weeks of at-home whitening.



- Combination At-Home & In-Office Whitening
 - This method requires at-home whitening as seen above, plus an in-office whitening session immediately following the at-home whitening. One in office whitening session is normally required; however, two or more in-office whitening sessions may be required for extremely difficult cases such as tetracycline staining of the teeth. The advantage of this whitening system is the most predictable, most effective and longest-lasting whitening result possible. The disadvantage is a slightly higher cost, and more time and effort on your part.

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 power whitening, this sensitivity will usually subside in 1-2 days. With home whitening, it may be necessary for you to reduce the number of minutes or hours you are wearing the whitening trays or stop using if for several days to resolve the sensitivity.
- 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, commonly called whitening relapse. You may use daily whitening toothpaste, available in drug stores.

I have read and understand the above information, I have received written and verbal instructions, explanation from the dental office staff, and I have had the opportunity to ask questions. I consent to the planned teeth whitening procedure.

Patient: _____ Date: _____

Dentist: _____ Date: _____