



The following information is given to you so that you can make an informed decision about having your teeth whitened. Please take as much time as you wish to make the decision about signing this form and please feel free to ask any questions about the procedure before doing so.

The tooth whitening procedure involves custom made trays (constructed in a laboratory after your dentist has taken teeth impressions) and a gel, usually carbamide peroxide gel in 10% or 16%.

Although almost all natural teeth can benefit from tooth whitening, we cannot guarantee the outcome of the results. Treatment results may vary or regress due to a variety of circumstances. Whitening treatments are not intended to lighten artificial teeth, caps, crowns, veneers or porcelain, composite or other restorative materials. Teeth with multiple colorations, bands, or spots due to tetracycline and fluorosis may not whiten as well or not at all.

Tooth whitening can cause **sensitivity** while undergoing treatment, but usually resolves 24 hours after treatment has been completed. In rare cases sensitivity can persist for longer periods of time. People with existing sensitivity, recession, exposed dentine, exposed root surfaces, cracked teeth, open cavities and leaking fillings may find that these conditions increase or prolong the sensitivity. Whitening may cause inflammation of your gums, lips or cheeks. This usually subsides in a few days but may persist longer and may result in pain or discomfort. **Root resorption** is a condition where the root of a tooth dissolves either from the inside or outside. Although the cause of this is still uncertain, there is evidence that indicates the incidence of root resorption is higher in patients who have undergone root canals followed by whitening procedures. Tooth whitening can relapse following exposure to various staining agents and therefore needs top ups to maintain the result.

Following a decision made by the House of Lords in 2001, whitening products fall within the terms of the Cosmetic Products (Safety) Regulations 1996. These regulations make it illegal to supply tooth whitening products. The question is whether a dental clinician using a tooth bleaching compound is supplying within the meaning of the legislation. Although the position of tooth whitening is uncertain, tooth whitening treatments are considered generally safe by most dental professionals. It is important to know that your dentist or hygienist has been trained to use whitening products but that the procedure is not without risk as explained in above paragraph.

In signing this informed consent I am stating I have read this informed consent (or it has been read to me) and I fully understand it and the possible risks, complications and benefits that can result from the tooth whitening procedure and that I agree to undergo the treatment as described by my dentist. By signing this document in the space provided I indicate that I have read and understand the entire document and that I give my permission to undergo the home whitening procedure.