

INFORMED CONSENT FOR HOME WHITENING TREATMENT- Dentist Copy

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 Hydrogen Peroxide 6% or Carbamide Peroxide up to 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. Some teeth might be more resistant to all forms of whitening.

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 treatments followed by whitening procedures. Tooth whitening can relapse following exposure to various staining agents and therefore needs top ups to maintain the result.

Whitening products fall within the terms of the Cosmetic Products (Safety) Regulations 1996. These regulations make it illegal to supply tooth whitening products greater than 6% Hydrogen Peroxide. All supplied product is within the recommended maximum strength. 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.

Please sign below to confirm that you have read the previous text and consent to home whitening.

SIGNATURE Date

(Patient Name – In CAPS).....

SIGNATURE Date

(Dentist Name and Title).....

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SIGNATURE Date

(**Patient Name – In CAPS**).....

SIGNATURE Date

(**Dentist Name and Title**).....

Tooth Whitening - Instructions for use.

This procedure involves the use of a medical device, customised bleaching trays and Hydrogen Peroxide or Carbamide Peroxide gel as an accessory to the medical device.

- Clean your teeth thoroughly before each use, including use of floss or specialist brushes. Rinse any toothpaste away thoroughly.
- Fill the supplied bleaching trays with a small amount of the gel sufficient to cover the reservoir on the outside of the teeth. Care must be taken not to overfill the tray, as this will be forced out over your gums when inserted. You should aim to use approximately half a capsule of gel for each bleaching tray per use - **i.e. one capsule per day.**
- In each case, excess material should be removed from the gums with a tissue, cotton bud or a dry toothbrush after insertion of the trays.
- The gel will not lighten crowns, veneers or fillings. If you have any of these restorations then discuss with your dentist. It is not necessary to lighten the back or molar teeth; the tray may not even cover these areas.
- **Method One.** Twice a day. Insert the filled tray for 30-60 minutes in the morning and again in the evening; i.e twice a day with at least 2 hours between applications. Hydrogen Peroxide 6% should be used.
- **Method Two.** Once a day. Insert the filled tray for 60-120 minutes once a day. Hydrogen Peroxide 6% or Carbamide Peroxide 16% should be used for this method.
- **Method Three.** Insert the filled trays overnight. This method will be associated with increased sensitivity and generally Carbamide Peroxide 10% should be used.
- Rinse your mouth with lots of lukewarm water to remove any remaining gel when the trays are removed. Wash the tray with **cold water** and dry thoroughly with tissues before storage.
- It is possible to over-lighten the teeth. Stop using the trays and gel when you are happy with the colour. Remember that the natural colour of teeth is never pure white.
- Do not eat or drink for an hour after removing the bleaching trays and gel. The whitening process works at different rates for each individual. Most patients report that a noticeable effect after just four treatments. Most treatments take up to 10 days to work. Sufficient gel is given for the initial process to work with some remainder for topping after six months or a year.

Cautions

- **Sensitivity is a normal feature of the whitening process. It usually lasts for a few days after the duration of the whitening period. Due to sensitivity, you may choose to wear the trays every other day.**
- If sensitivity is intense, then the trays can be filled with sensitive toothpaste, such as 'Duraphat', 'Sensodyne' or 'Tooth Mousse' and worn for a few hours. All products are available at the Clinic.
- If the gel comes into contact with skin, wash with soap and water. If you swallow a significant amount of gel drink large amounts of water or milk. Refrigerate for prolonged storage & keep out of reach of children.
- In rare cases, an allergic reaction to the gel may occur. You will have widespread swelling of the mouth and some discomfort. Discontinue use and contact your dentist.
- Whitening agents contain oxidising agents (bleach) that can damage clothing; please take care whilst handling it.

Main Points for Tooth Whitening

- Clean your teeth thoroughly before whitening.
- Fill the inside of the tray with a small pellet of gel.
- Insert bleaching tray and remove excess gel.
- **Method One.** Twice a day. Insert the filled tray for 30-60 minutes in the morning and again in the evening; ie twice a day with at least 2 hours between applications.
- **Method Two.** Once a day. Insert the filled tray for a period of 60-120 minutes once a day.
- **Method Three.** Insert the filled trays overnight.
- Rinse the teeth with lukewarm water afterwards.
- Rinse the tray with cold water after use.
- Apply every other day if the teeth become sensitive or use fluoride.
- Bleaching will not lighten crowns, veneers or fillings.
- Do not eat or drink for an hour after gel use.