

Consent form for Tooth Whitening

Tooth whitening is a state of the art procedure designed to whiten the teeth to their optimum natural brightness.

We are planning to use **Carbamide Peroxide Gel 10% / 16%**

The amount of whitening varies from patient to patient and cannot be predicted exactly. In general, yellow or brown teeth, teeth with extrinsic staining from tea, coffee or red wine, and darkened monochromatic teeth are easier to whiten.

Tooth whitening awareness

- As with any treatment there are benefits and risks. The benefit is that teeth can be whitened fairly quickly in a simple manner. The risk involves the continued use of the gel for an extended period of time such as a few years. Research indicates that using peroxide to whiten teeth is safe. There is new research indicating the safety for use on the soft tissues (gingivae, cheek, tongue, throat). The long-term effects are as yet unknown. Although the extent of the risk is unknown, acceptance of treatment means acceptance of risk.
- Fillings and crowns do not change colour and therefore may need replacing afterwards.
- Most patients achieve a change within 2 – 5 weeks.
- Sensitivity may result after a few days. This is usually slight and temporary. If this should occur refrain from using the whitening treatment for 1day or apply the soothing gel into the tray that you will be given.

Responsibilities

- Avoid tobacco, tea, coffee, red wine and teeth staining foods such as tomato paste, food colourants and deeply coloured toothpastes and mouthwashes for at least 30 minutes after the whitening procedure.
- Proper oral hygiene must be maintained including brushing twice daily and the use of floss.
- Keep your recall appointments with your dentist.
- Do not use the whitening trays if you are pregnant. There have been no reports of adverse reactions, but long term clinical effects are unknown.
- Wear the tray overnight or for a minimum of 2 hours per day (carbamide peroxide). If using hydrogen peroxide wear for a minimum of 30 minutes per day with a view to increasing it to a maximum of 45 minutes per day.

Guarantees

- There are no guarantees to the degree of tooth whitening.
- The amount of teeth whitening depends on the individual and the reason for discolouration.
- Some teeth do not whiten evenly particularly around gum recession on the lower premolar tooth. The enamel whitens well but the dentine does not whiten as well
- When the treatment is completed, please keep the trays so that they can be used for a top-up maintenance treatment. It may be necessary to do a top-up treatment in 18 - 24 months depending on the amount of staining.

NAME _____

I have had the tooth whitening procedure fully explained to me and have had the opportunity to ask questions. I have read this information sheet.

I consent to treatment and assume responsibility for the risks described above. I also consent to photographs being taken. I understand that they may be used for documentation and illustration of my whitening treatment.

Signature _____ Date _____