



Tooth Whitening Informed Consent

Alternatives to treatment

- Whitening Toothpastes
- Scale and Polish
- Micro Air Abrasion
- Veneers
- Crowns

Please read the following instructions carefully.

Risks of treatment

The active ingredient in the bleaching gel is Hydrogen Peroxide/ Carbamide Peroxide. If you are aware of an adverse reaction to this ingredient please do not proceed with the treatment.

- Is not intended to whiten artificial teeth which includes all fillings, veneers, crown or bridges
- May vary in results and the results are not determined by the dentist
- May not provide any result at all in a very few number of patients.
- May have a very limited effect on teeth with multiple banding or discolouration, spots and blotches due to tetracycline staining or fluorosis.
- Is not recommended for pregnant or lactating women and light sensitive individuals.
- Most people get darker teeth with increasing age, this treatment will not stop the natural process of staining that this brings. Therefore it might be necessary to top up the treatment in few years.

Professional tooth whitening, is generally considered safe by most dentists. However, transient complications may occur. These can include:-

- **Post operative sensitivity** to hot and cold.
- **Inflammation of the lips/gums and cheeks.**
- **Dry or chapped lips-** as the mouth is kept open over a prolonged period.
- **Relapse-** it is natural for tooth colour to relapse in time. This time period is varied between individuals and can be accelerated by exposing the teeth to various highly stained foods in the diet, and also through smoking and alcohol intake.

Your responsibilities include the following:-

- Avoid the use of tobacco, tea, coffee and teeth staining foods such as tomato pastes, food colourants, mustard, red wine, soya sauce, berry pie, red sauces spicy foods and dark coloured tooth pastes and mouth washes for 72 hours post treatment.
- Maintain good and proper oral hygiene with regular visits to the hygienist
- Maintain all recall appointments with the dentist

- Keep the tooth whitening syringes in the fridge
- Keep the tooth whitening syringes away from direct sunlight
- Bring my tooth whitening trays to the surgery when I attend for the chairside whitening session.

Please bring your whitening trays with you on your next appointment.