

TOOTH WHITENING INFORMATION AND CONSENT FORM

GENERAL DESCRIPTION

Tooth whitening is a non-invasive procedure that is designed to lighten the colour of your teeth. The active ingredient most commonly use is Hydrogen peroxide or Carbemide peroxide in a glycerine base. Significant lightening can be achieved in the vast majority of cases. It is safe, effective and results are stable. In general yellow or brown teeth are easier to whiten but grey or bluish teeth and striated or mottled teeth are more difficult to whiten. Factors such as the type of discoloration and overall condition of your teeth have a direct bearing on the level of whitening which can be achieved. However, bleaching can only be done in a healthy mouth; people with significant periodontal disease (gum disease) or with fillings with cavities in their teeth, pregnant women as well as heavy smokers are not candidates.

ALTERNATIVE TREATMENT

You can consider alternative treatment such as crowns or veneers but these are more invasive than whitening and require the irreversible removal of tooth substance.

TYPES OF TEETH WHITENING

IN SURGERY WHITENING - This process can be done in one visit or may require multiple visits depending on how your teeth respond to the whitening gel. Each appointment takes approximately one to two hours.

HOME WHITENING - This process, involves wearing a custom-made whitening tray filled with a mild whitening agent for optimal results. You should wear the gel-filled tray from 3 minutes per day to overnight depending on the strength of the whitening agent.

CANDIDATES FOR TEETH WHITENING

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RISKS

As with any treatment there are benefits and risks. These are seldom serious enough to discourage you from having your teeth whitened, but should be considered when making a decision to have the treatment.

Tooth sensitivity: solutions have been available for many years as an antiseptic in the mouth and it is widely used for its effect on teeth whitening. Some patients experience sensitivity during the first 24 hours. If tooth sensitivity develops, fluoride home care gels may be used to reduce sensitivity and frequent gargling/rinsing mouth with lukewarm water will ease sensitivity. Cases of permanent sensitivity are extremely rare.

Gum irritation: temporary inflammation or white spots on your gums can be caused by the whitening procedure. This should resolve within 5 days, if it persists contact your dentist.

Effect on existing fillings: the whitening procedure, can be very effective at whitening the teeth, but will not change the colour of the fillings or crowns already in your teeth. For aesthetic reasons, such fillings may need changing after the whitening procedures.

Acceptance of treatment means acceptance of the risks.

GUARANTEES

- There are no guarantees as to the degree of whitening of your teeth.
- The amount of whitening varies with the individual.
- Additional whitening sessions and the use of ancillary whitening systems, may be required, to obtain desired results.

Costs

Costs vary according the type of treatment and the duration of the treatment. Home-kit £250 and in surgery whitening £400

POST-TREATMENT CARE

- Keep your recall appointments with your dentist.
- Use lukewarm salted water to gargle frequently.
- Smokers are advised not to smoke for at least 24 hours.
- Avoid the following food and beverages for at least 24 hours: tea, coffee, red wine, fizzy drinks, curries, dark green vegetables, tomato based sauces.
- You can however consume milk, water, bananas, white fish, chicken, turkey, rice, pasta and white sauces.

CONSENT

1. The risks and benefits have been explained to me and I understand them.
2. I have had the opportunity to ask questions, and my questions have been answered.
3. I have read the above information, I consent to the treatment and I assume the responsibility for the risks described above.

Patients Signature _____

Date _____