

## TEETH WHITENING CONSENT FORM

Patient Name:

Date:

### FACTS

- The active ingredient in teeth whitening is carbemide peroxide in a glycerine base. If you know of any allergy or adverse reaction to either ingredients please do not proceed with treatment
- Bleaching can only be done in a healthy mouth
- Fillings and crowns do not bleach and may need to be replaced afterwards
- The amount of colour change is difficult to predict
- Bleaching can usually be carried out on a patient with sensitive teeth; however, great care needs to be taken and desensitising agents applied.
- Bleaching may cause sensitivity which can normally be controlled
- Cases of permanent sensitivity are extremely rare
- The bleach does not change the colour right next to the gum very much
- Some causes of discoloration are more difficult to bleach for example tetracycline staining usually takes 6 months
- Color stability varies; you may want a top up of one week at home bleaching once a year
- 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 peroxide solution for an extended period of time such as a few years. Research indicates that using peroxide to bleach teeth is safe. There is new research indicating the safety for use on the soft tissues (gingivae, cheek, tongue, and throat). The long-term effects are as yet unknown. Although the extent of the risk is unknown, acceptance of treatment means acceptance of risk

### INSTRUCTIONS

- It is advisable to abstain from smoking during treatment and also to reduce staining foods such as tea, coffee, red wine and curries
- Brush your teeth before and after bleaching. Brush the trays with your normal toothbrush and tooth paste. Apply the gel as you have been shown; wipe away any excess that comes out with a tissue. Wear the trays for at least 2 hours/day. You may also wear the trays over night.
- If sensitivity occurs contact the surgery immediately. We can give you special desensitizing agents and appropriate advice
- Do not bleach your teeth if you are pregnant. There have been no reports of adverse reactions, but long term clinical effects are unknown

- Once treatment is completed keep the trays in a safe place; they can be used for top up maintenance

## **PROCEDURE**

- We usually do at home bleaching as it is easier to control the colour change and any sensitivity
- Impressions of the teeth are taken so that a laboratory can make up bleaching trays- these are a bit like a gum shield in which the bleach is placed and worn by the patient
- A shade match for the teeth is taken so we can monitor any changes
- The bleaching trays are worn in the evenings or over night by the patient
- Treatment time varies usually takes from a few days to a few weeks and occasionally a few months

## **COST**

	<b>PRIVATE</b>	<b>PRACTICE PLAN</b>
*Home, including 3 tubes	£440	£330
*One tube of bleach	£50	£37.50
*One tooth bleaching	£420-£540	£315-£405

I have read the above information and agree to return for examination after the treatment begins and at any recommended time afterwards. I have read and received a copy of this information sheet. I consent to the treatment and accept the risks described above.

I consent to photographs being taken. I understand that they may be used for documentation and for illustration of my treatment.

Signed Patient:

Date:

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