

## **TOOTH WHITENING CONSENT FORM**

**Patient name:** \_\_\_\_\_

This information is to help you make an informed decision about having tooth whitening. You should take as much time as you wish to make the decision in relation to signing the following consent form. You are encouraged to ask any questions and have the answers to your satisfaction before you give permission for the whitening.

### **Home Tooth Whitening**

Your dentist will take an impression (mould) of your teeth to construct a tooth whitening tray. These trays ensures there is minimal leakage and maximum cosmetic effect. Once constructed the trays will be checked for accuracy of fit and specific instructions will be provided on your tooth whitening regime. Customised trays are loaded with easily applicable carbamide peroxide and worn every night for a total of two weeks. You are advised to attend for a follow up visit.

### **Internal Bleaching**

This procedure is recommended for teeth that have had root canal treatment in the past and as a result of this or trauma, have become discoloured and no longer match the surrounding teeth. The procedure involves making a small access opening through the previous root canal entry, placing bleaching material into the cavity of the tooth, and sealing the area off afterwards. Please bear in mind results cannot be guaranteed.



## **INFORMED CONSENT FOR TOOTH WHITENING TREATMENT**

Dental Bees provides this information to give you insight into tooth whitening. Your cooperation and understanding of this material is necessary as we strive to achieve the best results for you.

**Risks:** All forms of health treatment, including tooth whitening, have some risks and limitations. Complications that occur in home tooth whitening are infrequent and are usually minor in nature.

*Tooth Sensitivity:* During the whitening process some patients may experience tooth sensitivity. This is normal and generally mild if your teeth are not normally sensitive. If your teeth are normally sensitive, please inform your Dentist before treatment. Please let your Dentist know if you experience any discomfort during or after the procedure. A mild analgesic will usually be effective in eliminating any discomfort. A desensitising toothpaste/mouth wash may also help symptoms.

*Gum and soft tissue irritation:* Whitening may cause inflammation of your gums, lips or cheeks. This is generally the result of the whitening gel coming into contact with these tissues. If any irritation does occur, it is generally short in duration and is very mild. Rinsing with warm saltwater can relieve it.

*Existing restoration:* White fillings, porcelain or composite restorations, crowns or veneers will not whiten with your natural teeth during this procedure. This will have been discussed with you by your Dentist, replacement of these restorations may have been recommended.

*Defective fillings/Cavities:* If these are present the gel may go into the cavities, between the defective fillings and tooth, which may cause some discomfort. In the worst case it may lead to the need for root canal treatment. It is strongly advised any cavities, decay, defective fillings are replaced before any cosmetic tooth whitening is carried out.

**Expectations:** Significant whitening can be achieved in many cases, but there is no absolute way to predict how light your teeth will get. Exact results are not guaranteed. Teeth with multiple colourations, bands or spots due to tetracycline staining or fluorosis do not whiten as well and may appear more spotted after treatment. These may require further treatment to achieve a uniform result in the form of veneers.

**Relapse:** Tooth whitening is not permanent, and teeth may regress in shade. This is natural and is dependent on diet. To maintain teeth at their optimal whiteness, it is advised to avoid staining foods, drinks and smoking, i.e. coffee, tea, red wine and curries. Repeat treatments may be needed to maintain the tooth colour you desire.

Tooth whitening is not recommended for pregnant or lactating women, children or any person having known peroxides allergies.

I understand that the outcome of my whitening treatment cannot be guaranteed.

I understand during treatment, I will be required to refrain from consuming any chromogenic substances (i.e. tomato sauce, coffee, all tobacco products).

If any problems are experienced whilst using the product, you must discontinue use immediately and consult your Dentist.

Patient Signature:	Practitioner Signature:
Date:	Date:
Clinic Name:	Practitioner Name:



## **POST-OP INSTRUCTIONS FOR HOME TOOTH WHITENING**

Follow the instructions from your Dentist.

If you are a smoker, do not smoke for 48 hours.

Stay away from highly coloured foods; e.g. red sauce, blueberries, curries etc

Stay away from beverages e.g. coffee, tea etc

Mild sensitivity to hot or cold liquids may occur. This usually passes with in 1-2 days and symptoms can be improved by filling your trays with sensitive toothpaste for one hour per day and brushing with sensitive toothpaste.

If sensitivity is severe or persists; contact your Dentist.

Whitening may cause inflammation of your gums, lips or cheeks. This is generally the result of the whitening gel coming into contact with these tissues. If any irritation does occur, it is generally short in duration and is very mild. Rinsing with warm saltwater can relieve it.

If you experience gum sensitivity do not brush the afflicted area while brushing your teeth, instead use an antiseptic mouthwash like Curasept.

Immediate whitening results can be quite dramatic due to minor dehydration of your teeth it is normal for the colour to tone down somewhat after treatment when your teeth rehydrate to a natural white tone

Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking coloured beverages (red wine, coffee, tea, etc.)

“Touch-up” treatment may be needed every 6-12 months to retain colour. You can ask your Dentist about different “touch-up” options.

Existing fillings and crowns, etc. will not whiten. Therefore, these may need to be changed in order to match your new smile.



## HOME TOOTH WHITENING – INSTRUCTIONS FOR USE

This product involves the use of a medical device, customised bleaching trays and Hydrogen Peroxide or Carbamide 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 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.
- 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 trays may not even cover these areas.
- **Method One.** Twice a day. Insert the filled trays 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% should be used.
- **Method Three.** Insert the filled trays overnight. Carbamide Peroxide 10%-16% should be used.
- Rinse your mouth with lots of warm water to remove any remaining gel when the trays are removed. Wash the trays 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 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 up after 6 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 as 'Duraphat', 'Sensodyne' or 'Tooth Mouse' and worn for a few hours.
- If gel comes into contact with the 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 when handling it.



## **INTERNAL BLEACHING - INSTRUCTIONS FOR USE**

This product involves the use of a medical device, customised retainer and 16% Carbamide gel as an accessory to the medical device.

- Impression is taken in the clinic to make a small clear, invisible orthodontic retainer, extending from just upper first premolar to premolar.
- The small filling/part of tooth tissue is removed from the back of the discoloured tooth.
- The access cavity is left open and you are given two tubes of Boutique 16% carbamide peroxide whitening gel.
- You will be shown how to insert the whitening gel into the access cavity and then place the clear retainer over the teeth.
- The retainer holds the gel in the tooth, remove excess with the finger once the retainer is in place.
- Rinse the retainer and refresh the gel every 3-4 hours as convenient and wear overnight as well.
- We also provide you with a syringe to aid in flushing food debris from the back of the tooth, with water or mouth wash, and a pack of Tepes to aid cleaning.
- After wanting result is achieved, the access cavity is refilled with white filling material.

**This method gives good results, minimally invasive, minimal visits to clinic, no local anaesthesia required, no damage to the existing tooth substance, and a fraction of the cost of a crown.**

### **Cautions**

- If gel comes into contact with the 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 when handling it.

