

TOOTH WHITENING LETTER OF CONSENT

We are planning to whiten your teeth using carbamide peroxide or hydrogen peroxide solution. Please read the following instructions carefully and refer to the FAQs sheet for additional information.

1. The active ingredient is carbamide peroxide or hydrogen peroxide in a glycerine base. If you know of any allergy or are aware of an adverse reaction to this ingredient, please do not proceed with this treatment.
2. 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. Research indicates that using peroxide to bleach teeth is safe. There is new research indicating the safety for use on the soft tissues (gingival, cheek, tongue, throat). At this time there are no known long-term adverse effects associated with this method.
3. The amount of whitening varies with the individual. With home whitening, most patients achieve a change within 2-5 weeks. With in-surgery (also known as power/laser) whitening effects are immediate. Try to avoid excessive amounts of tea, coffee, red wine, berries or curries during bleaching period and thereafter if possible.
4. It is advisable not to smoke during the course of bleaching treatment for at least 5-8 weeks. Smoking may cause reversal of tooth whitening and may need frequent topping up.
5. Sensitivity may result after a few days. This is usually slight and temporary. If this should occur, refrain from using the bleaching treatment for 3-4 days.
6. Do not use the bleaching treatment if you are pregnant. There have been no adverse reactions, but long-term clinical effects are unknown.
7. 6 % hydrogen peroxide is fast release intended for day use. 10% or 16 % carbamide peroxide is slow release intended for night use. However, they are both almost as effective so can be interchanged for day time or night time use. Increase the wear time for slow release as much as possible.

How to use? Two options:

1 Wear the bleaching tray for approximately between 1-3 hrs whilst awake, if fast release

2 Wear the bleaching tray overnight, if slow release.

It is best to complete your treatment within a fortnight or so. Once the tray is inserted into the mouth, it is essential to ensure that all the excess whitening gel is removed from the soft tissues and that the rest is expectorated. After the bleaching procedure, rinse your mouth thoroughly with water. Do not swallow the gel. The tray should be rinsed clean and placed back into the kit provided. Do not disturb the tray when wearing by lifting with tongue etc. Please keep a log of the duration of bleaching time each day.

8. It may be necessary to do a top-up treatment in 12-24 months depending on the amount of staining.
9. Please note your existing white fillings/veneers/crowns will not change colour during bleaching. You may need to have these replaced.
10. You are consenting to one of the following treatments:
 Home whitening-We give 16% Carbamide Peroxide or 6% Hydrogen Peroxide to use in trays at home

I have read the above information and agree to return for an examination 4 weeks after treatment begins. You must store the product in accordance with the instructions and report any issues with the material within 4 weeks of purchase. I have read and received a copy of this information sheet. I consent to treatment and assume 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.

CURRENT SHADE:

Signed _____ Date _____