

TEETH WHITENING INFORMATION & CONSENT FORM

1. General Information

Teeth whitening is designed to lighten the color of your teeth. Significant lightening can be achieved in the vast majority of cases, but the **results cannot be guaranteed**. When done properly, whitening will not harm your teeth or gums. However, like any other treatment, it has some inherent risks and limitations. These are seldom serious enough to discourage you from having your teeth whitened, but should be considered when deciding to have the treatment.

2. Candidates for Teeth Whitening

Just about anyone is a candidate for teeth whitening. However, the following cases should be considered.

- People with dark yellow or yellow-brown teeth tend to whiten better than people with gray or bluish-gray teeth.
- Multi-colored teeth due to tetracycline stain or decalcification do not whiten very well.
- People with significant periodontal disease are not good candidates.
- If you are pregnant or breast feeding, obtain permission from your doctor before trying the whitening procedures.
- People with minimal discoloration, (teeth that are already very white) may not see a substantial degree of whitening.
- Any current restoration you have such as fillings, porcelain crowns, onlays/inlays, & veneers cannot be whitened. Only natural tooth structure will whiten.

3. Types of Teeth Whitening

- **IN-OFFICE WHITENING** – This process can be done in one or multiple visits depending on how your teeth respond to the whitening gel. Each appointment takes approximately two hours.
- The **advantages** of in-office whitening include us doing all the work for you and in less total time than you would spend at home whitening your teeth. You will see the results right away. The **disadvantages** include the normal inconveniences of any dental treatment such as the time it takes for the treatment, and the possibility of increased costs as compared to home whitening.
- **TAKE-HOME WHITENING** – There are several options for home whitening. This process, which can be done anywhere and anytime, involves wearing a whitening tray filled with a mild whitening gel. You wear the trays and gel for the recommended amount of time for 1-2 weeks, depending on the degree of whitening desired.
- The **advantages** of home whitening include performing the treatment when it is convenient for you with a lower cost. The **disadvantage** to home whitening is that the success of the treatment is dependent on your commitment to wearing the whitening tray consistently for the prescribed period.

4. Potential Problems

- **TOOTH SENSITIVITY** – During the first 24 hours following whitening, some clients experience transient sensitivity. This sensitivity is usually mild and generally subsides within 1-2 days. If you experience sensitivity, a mild analgesic such as Tylenol or Advil will usually be effective in making you more comfortable until your teeth sensitivity returns to normal.
- **GUM IRRITATION** – This is the result of a small amount of whitening solution getting onto the gums. A burning sensation on your gums may occur. This should resolve by itself within a few hours to a few days.

- **EFFECT ON FILLINGS** – Fillings will not whiten. If the filling matches your current natural tooth color, whitening could result in mis-matched shades with your natural teeth. You may need to have your fillings replaced to match your newly whitened teeth.

5. Completion of Treatment

- **LEVEL OF LIGHTENING** – There is no totally reliable way to predict how much your teeth will whiten. With in-office whitening, one session usually brightens the teeth and whitens them about 1-2 shades. Some clients require additional sessions, depending on the desired results.
- **RELAPSE** – Following the completion of whitening, pigments found in food and drinks will re-stain your teeth, commonly called whitening relapse. With relapse, everyone's teeth are different and fade at different rates. There is no way to know how quickly you may experience relapse.
- You may use a whitening pen to extend result of your treatment (these can be purchased the day of your whitening for \$30), you may also purchase a home whitening kit such as a Wicked White Professional LED whitening kit to do maintenance at home, or once you feel your teeth are starting to fade, you may choose to do additional in-office treatments to keep the color bright. Either a full (60 minute) or half (30 minute boost) in-office whitening treatment can be done for maintenance. Many people do whitening once or twice per year, depending on the desired brightness.

I have read the information provided and understand the whitening procedure. The staff of Sparkling Smiles has explained this procedure to me and all of my questions, if any, were answered. I consent to this treatment.

Client Name (Please print): _____

Client Signature: _____ Date: _____

Dental Hygienist Signature: _____ Date: _____