

## CONSENT FORM FOR TEETH WHITENING

Dr..... has explained the nature of the treatment, it's purpose, associated risks and alternative treatments to me. I have been given the opportunity to ask questions. I have been given the option of no treatment.

**Tooth whitening is a procedure designed to whiten the teeth to their natural brightness.**

**You have been prescribed:** ☐ Hydrogen peroxide 6% ☐ Carbamide Peroxide Gel 10% / 16%

**Usage:** Most patients achieve a change within 2-5 weeks. Based on the type of gel you are using wear the tray overnight (carbamide peroxide 10%/16%) or a maximum of 2 hours per day (hydrogen peroxide 6%). When the treatment is completed, please keep the trays so that they can be used for a top-up maintenance treatment (as long as your teeth position remains the same).

**Result:** The amount of whitening varies from patient to patient and cannot be guaranteed or predicted exactly. If you are unhappy with the result -additional gels may be chargeable. Some teeth do not whiten evenly particularly around gum recession this is because enamel whitens well but, the dentine does not. White spots in the teeth may also look worse. Treatment options for this can be discussed with your dentist.

### **Points that need consideration:**

- Fillings and crowns **DO NOT** change colour and therefore may need replacing afterwards at an *extra charge* to you.
- There may be some transient soft tissue irritation (gum, cheek, lip).
- Teeth sensitivity may result after use. This is usually slight and temporary. If this should occur refrain from using the whitening treatment for 2-3 days and apply desensitising tooth paste into the whitening trays.
- For a better result, have a white diet: Avoid tobacco, tea, coffee, red wine and teeth staining foods such as tomato paste, turmeric, and food colourants for the period of whitening and 1 week after.
- Good oral hygiene must be maintained including brushing twice daily and the use of floss.
- Do not use the whitening trays if you are pregnant. There have been no reports of adverse reactions, but long-term clinical effects are unknown.
- Teeth shade relapse overtime and to maintain the result you will need to purchase additional syringes of whitening gel at an *extra charge*.
- The long-term effects of whitening are yet unknown. Although the extent of the risk is unknown, acceptance of treatment means acceptance of risk.

I have had the tooth whitening procedure fully explained to me and have had the opportunity to ask questions. I have read this information sheet. I consent to treatment and assume responsibility for the risks described above. I also consent to photographs being taken. I understand that they may be used for documentation and illustration of my teeth whitening and with my consent may be used for education and social media/website.

SIGN.....DATE.....

PRINT FULL NAME.....