

Tooth Whitening Consent Form

This information is provided to help you make an informed decision about having your teeth whitened. You have the right to ask questions about any part of the procedure before, during or after tooth whitening.

Alternatives to whitening:

You are under no obligation to have tooth whitening. Should you wish to try alternative measures there are over-the-counter options and toothpastes with tooth whitening properties.

Cost:

As discussed with your dentist, you will also be provided with a written treatment plan which has the up-to-date cost of tooth whitening.

Risks:

The tooth whitening product provided by our practice is considered safe by the dental profession, and research suggests that hydrogen peroxides are safe to whiten teeth, however there are some elements which are important to consider before undertaking tooth whitening. Please note this list is not exhaustive and if you have any questions you are very welcome to ask your dentist.

- We advise against tooth whitening if you are pregnant, breast-feeding or have any allergies / sensitivities to any whitening products.
- There are no guarantees to the extent to which your teeth will whiten, the outcome varies according to the individual.
- Tooth sensitivity – usually mild lasting 1-3 days. However if you have existing sensitivity, gum recession, exposed dentine, open cavities, leaking fillings or other dental conditions which could allow penetration of the gel into the tooth you may find the sensitivity is more severe or prolonged. If your sensitivity is significant, stop using and discuss with your dentist. You can try using toothpastes designed for sensitive teeth in the trays for 30minutes before or after the whitening process.
- Pre-existing fillings / marks – filling material does not whiten and fillings may become more obvious after whitening – you can discuss with your dentist if this will affect you and how this can be managed. Whitening

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can be unpredictable where you have existing mottling or marks on your teeth, sometimes whitening can hide these marks, sometimes these marks can appear more obvious.

- Soft tissue inflammation – the hydrogen peroxide gel can act as a mild irritant to soft tissues such as gums and cheeks. It is very important that you follow the instructions carefully and avoid leaving excess gel on your gums. Some small amount of inflammation can be considered normal, however if significant please stop using the product and discuss with your dentist.
- Root resorption – this is a very rare occurrence and the reasons for this are not fully understood, however there have been some cases where the root surface of the tooth begins to “dissolve” after use of whitening products.
- Relapse – it is natural that the lightened tooth shade will fade slightly over time, and high intake of black tea / coffee, curries, red wine and smoking will accelerate this.

I understand that by signing this form, I agree that I understand the potential risks as well as the benefits of tooth whitening, and I have been given the opportunity to ask questions. I consent to undergo the treatment as described to me by my dentist.

Patient Name

Patient Signature

Date

Dentist Name

Dentist Signature

Date

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