

Consent for Home Teeth Whitening

- Tooth Whitening will only whiten natural teeth. Amount of whitening varies from person to person, and there are no guarantees to the degree of tooth whitening.
- This procedure will not whiten crown and bridgework or fillings. You may have to have further restorative work in order to match your new white teeth.
- Your teeth and gums are also likely to become sensitive however this is short lived. In order to minimise the effects of this, use a special sensitive tooth paste after bleaching such as Sensodyne or Colgate Sensitive.
- Do not use whitening gel if pregnant or during nursing. Also do NOT smoke, drink or eat while whitening your teeth.
- Avoid tobacco, tea, coffee and teeth staining foods such as tomato paste, food colourants and deeply coloured toothpastes and mouthwashes for 2 days after the whitening procedure.
- Proper oral hygiene must be maintained including regular visits to hygienist in order to maintain the optimum whiteness of the teeth.
- Alternatives to Tooth Whitening include surface scaling / air abrasion / veneers and /or crowns.

Treatment

- Prior to treatment brush and floss your teeth as normal; and ensure the trays are clean and dry and that they fit comfortably in your mouth with no gel.
- Apply a small drop of gel half way up on the inner front surface of the tray in all the front teeth. We recommend you only bleach the front 8 teeth as these are the only ones in view. The average amount of gel required per treatment arch is 0.5ml
- Insert the trays into the mouth and seat them firmly over the teeth. Wipe away any excess gel away with your finger or a tissue.
- **Night-Time Whitening (16% Carbamide Peroxide)** - For first time users we only recommend wearing the trays for 60 minutes. You can then increase the time if you find you have little or no sensitivity. Generally people wear their trays for 3-4 hours nightly. It is possible to wear your trays overnight while sleeping.
- **Day Time Whitening (6% Hydrogen Peroxide)** - we recommend wearing the trays for up to an hour every day.
- For your first cycle of treatment you can wear the whitening trays for up to 28 days or less if the desired effect is achieved.
- Once you are happy with the shade of your teeth, you can evaluate each tooth, and specific individual teeth that have responded poorly can then be whitened on their own to enhance their shade.

Post Treatment and Care

- Remove the tray, rinse off your teeth and brush away any remaining gel.
- Clean the whitening trays with a toothbrush and cold water.
- Trays should then be stored in the tray holder and gel in cool dry place away from heat and direct sunlight.
- Keep the gel refrigerated to prolong the shelf life.

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 they may be used for documentation and illustration of my whitening treatment.

Name _____

Signature _____ Date _____