



HOME WHITENING INSTRUCTIONS AND CONSENT FORM

Patient Name:

We are planning to whiten your teeth using a 10% or 16% carbamide peroxide gel. This is a common and effective treatment for whitening natural teeth and can improve your smile by making your natural teeth appear whiter than their normal tone.

Active ingredients

The active ingredient is **carbamide peroxide** in a glycerine base. If you know of any allergy or are aware of an adverse reaction to either of these ingredients, please do not proceed with this treatment.

How much will my teeth whiten? Do's and Don'ts.

The amount of whitening varies with the individual. Most patients achieve a significant change within 1-2 weeks (6-8 applications). Try to reduce consumption of dye-containing foods such as tea, coffee, red wine, berries or curries during and after treatment for at least 1 month. If you are a smoker you can obtain better results if you refrain from smoking during whitening treatment and for 2 weeks afterwards. (It is, of course, ideal that you do not smoke at all, ever!)

Application of whitening gel

We will demonstrate use of the whitening gels to you at the surgery. We would normally insist on a hygienist visit first to ensure that the teeth are clean and devoid of any deposits prior to commencement of manufacture of whitening trays. Brush and floss your teeth first, especially around the gum line and in between the teeth. Clean teeth whiten better. One syringe of gel should be sufficient to complete both upper and lower arches for one application unless you have particularly large teeth. Apply small even blobs of gel about 2-3mm in diameter to the inside surface of the outer façade of the whitening trays and seat the trays gently by pressing upwards onto the biting surfaces of the teeth and without pushing in from the outside. Remove any excess gel extruded from the periphery with a wet finger. With practice, this volume should be minimal, but present to ensure that the gel is present on all tooth surfaces.

Whitening programme and sensitivity levels

We advise that you start your whitening with 1-2 hours' exposure to the teeth per day for the first 3 days. If no sensitivity occurs, you may increase the exposure time to 3-4 hours or alternatively you may wear the trays with the whitening gel overnight. Varying degrees of sensitivity may result after whitening. Whilst this may last for several days or occasionally a couple of weeks, it is temporary, reducing after cessation of whitening treatment. If significant sensitivity should occur, refrain from whitening and extremes



of temperature for 3-4 days. Sensodyne Blue Fluoride Gel or Tooth Mousse available from the practice may be used in place of whitening gel in the trays for an hour in the evenings if sensitivity is problematic.

The effects of whitening can last for many months but should not be regarded as a permanent alteration of shade. Tooth colour may relapse with time, especially if you are a smoker or drink large amounts of tea, coffee, red wine or eat heavily coloured food such as beetroot or curries. Whitening can be repeated when desired.

Tray care

Always wash the trays thoroughly in COLD water after each application is completed and always store the trays in the box provided to keep them safe and free of damage. If you tend to grind your teeth at night, the trays may wear through, tear or distort and new trays may be required at periodic intervals at additional cost. If you keep your plaster models safely, please return them to the practice and we can manufacture replacement trays in a couple of working days.

Risks

As with any treatment, there are benefits and risks. The benefit is that you can whiten your teeth simply, predictably, inexpensively and routinely at home. The risk involves the continued use of the peroxide solution for an extended period. Research indicates that using low concentration carbamide peroxide (10-15%) to whiten teeth for short periods (days to weeks) is safe and the active ingredient is rapidly metabolised in the body. There is research indicating the safety for medium term (months) use of modern whitening gels on the soft tissues. However, the very long-term effects (years) are as yet unknown but likely to be insignificant as the active ingredient is rapidly broken down in the body. Acceptance of treatment means acceptance of any potential long-term risk. This type of treatment has been carried out in some form for about 40 years. During that time, no significant adverse risk other than temporary sensitivity attributable to dehydration of the teeth by home whitening has been reported.

2

Pregnancy

Do not use the whitening treatment if you are pregnant. There have been no adverse reactions reported, but clinical effects on the foetus are unknown.

Existing fillings, crowns and veneers

White fillings and crowns do not whiten. Whitening may be limited in already veneered teeth but translucent all-ceramic restorations such as veneers, inlays and overlays may pick up the whiter tooth colour with the so-called chameleon effect.



If you are whitening prior to the provision of veneers or crowns it will be necessary to wait at least 6-8 weeks after your final whitening prior to a definitive shade recording to match any new crowns to your existing natural teeth.

New trays may be required at additional cost if you wish to continue whitening after treatment as shapes of teeth may change during treatment. No responsibility by the practice can be taken for mismatch of the colour of dental work after fitting if you continue to whiten your natural teeth after fitting of definitive dental work.

Over-use of whitening gel

It is possible to over-whiten. Some patients will develop a grey, blue or violet hue to the tips of their teeth if whitening gels are over-used (usually more than 20 sequential daily applications) leading to an unnatural appearance. This may only return to a natural hue very slowly. The golden / yellowish background hue that gives teeth their natural glow can be bleached out leaving the translucent mineral of the enamel, which appears glassy and grey. However, since you are in control of treatment, you will be able to decide when to stop bleaching before this happens.

Topping up and gel dispensing

We highly advise regular 3 monthly hygienist appointments to ensure that gum health is established and maintained before, during and after whitening treatment and surface stains are removed from teeth to allow the gel to work properly.

3

Whitening gel is not a substitute for good cleaning.

It may be necessary to do a top-up treatment in 6-12 months depending on how rapidly your teeth discolour. Additional syringes of whitening solution can be purchased from the surgery. Sales are usually limited to 6 x 12-syringe boxes per patient per year and no whitening gel will be issued if it has been more than 6 months since your last examination.

Please note that the formulation and packaging of the whitening gel we use may be changed by the manufacturer from time to time.

I have read this information sheet and had the tooth whitening procedure fully explained to me and have had the opportunity to ask questions and have them answered to my satisfaction. I consent to treatment and assume responsibility for the risks described above I also consent to photographs being taken for documentation and illustration of my whitening treatment.

SIGNATURE:

DATE: