

## **Informed Consent for In-office Whitening**

### **Description of the Procedure**

In-office whitening is a procedure designed to lighten the color of teeth using a combination of a peroxide based gel and a specially designed ultraviolet lamp. During the treatment, a plastic retractor will be placed in the mouth to help keep it open and the soft tissues of the mouth will be covered to ensure they are not exposed to either the gel or light. Lip balm may be applied as needed and special protective glasses will be worn to protect eyes. Before and after the treatment, the shade of the teeth will be assessed and recorded.

### **Risk of Treatment**

In-office whitening results may vary or regress due to a variety of circumstances. In-office whitening is not intended to lighten artificial teeth, caps, crowns, veneers or porcelain, composite or other restorative materials. People with darkly stained yellow or yellow-brown teeth frequently achieve better results than people with gray or bluish-gray teeth. Teeth with multiple colorations, bands, splotches or spots may need multiple treatments or may not whiten at all.

### **I understand that the results of in-office whitening cannot be guaranteed.**

I understand that in-office whitening treatments are considered generally safe by most dental professionals. I understand that although my dentist/dental hygienist has been trained in the proper use of the in-office whitening system, the treatment is not without risk. I understand that some of the potential complications of this treatment include, but are not limited to:

Tooth Sensitivity/Pain - During the first 24 hours after treatment, some patients can experience some tooth sensitivity or pain. This is normal and is usually mild.

Gum/Lip/Cheek Inflammation - This is due to inadvertent exposure of a small area of those tissues to the whitening gel or the ultraviolet light, the inflammation is usually temporary which will subside in a few days.

Dry/Chapped Lips - The dryness or chapping of the lips or cheek margins is due to the mouth being kept open continuously for the entire treatment by a plastic retractor. This can be treated by application of lip balm or Vitamin E cream.

Relapse - After the in-office whitening treatment, it is natural for the teeth to regress somewhat in their shading after treatment. This is natural and should be very gradual, but it can be accelerated by exposing the teeth to various staining agents. Treatment may involve wearing a take-home tray to prevent relapse.

Since it is impossible to state every complication that may occur as a result of in-office whitening, the list of complications in this form is incomplete.

I understand that my dentist has evaluated whether I am a proper candidate for an in-office whitening procedure.

In signing this informed consent I am stating I have read this informed consent (or it has been read to me) and I fully understand it and the possible risks, complications and benefits that can result from in-office whitening and that I agree to undergo the treatment as described by my dentist.

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Patient's Name (Printed)

\_\_\_\_\_  
Dentist/Dental Hygienist Signature