

The Implant Centre

HOME BLEACHING INSTRUCTIONS & CONSENT FORM

Name: _____ Date: _____

We are planning to whiten your teeth using a carbamide peroxide gel. Please read the following instructions carefully.

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

As with any treatment, there are benefits and risks. The benefit is that teeth can be whitened quite quickly and simply. The risk is associated with continued use of the peroxide solution for extended periods of time (ie years). Research indicates that using peroxide to bleach teeth is safe, however new research directed at the safety of it's use on soft tissues (ie. gums/cheeks/tongue/throat) indicates that the long term affects are as yet unknown. Whilst the extent of the risk is unknown, acceptance of treatment does mean acceptance of this risk.

This type of tooth whitening treatment has been undertaken for over 40 years, during which time there is no evidence of any patient needing a root canal filling or experiencing any other damage as a result of tooth whitening.

The effectiveness of tooth whitening varies with each individual though most patients will achieve a change after 2-5 weeks. For the duration of treatment you are advised to reduce consumption of coffee, tea and red wine and do not eat berries or curries for the duration of your treatment and for one month after completion. It is also advisable not to smoke for the duration of your treatment and for up to 6 weeks afterwards.

You may experience sensitivity after a few days – this is quite common and will usually be slight and temporary. If this does occur, refrain from using the bleaching treatment for a day and commence again as usual. If sensitivity persists, please contact your dentist for further advice.

Some teeth do not bleach evenly – this occurs particularly on the lower pre-molar teeth around gum recession. Here, the enamel bleaches well but the exposed dentine does not whiten as significantly.

This treatment should not be undertaken if you are pregnant or think you may be pregnant. Whilst no adverse reactions have been reported, the long term clinical effects are unknown.

In very rare circumstances, the gel used may cause irritation if it comes into contact with your gums, eyes or skin. If this occurs wash the affected area thoroughly with water.

When you have achieved the whiteness you require, please keep your bleaching trays so they can be used for 'top-up' treatments. Some patients may never need to repeat the process, however if you feel your teeth are becoming stained again the treatment can be repeated for a night or two.

PATIENT CONSENT :

I have read and understand the above information and have received a copy of the instruction sheet for home teeth bleaching. I consent to the treatment proposed and confirm my understanding and acceptance of the associated risks outlined to me.

I consent to photographs being taken to document and illustrate the results of my treatment.

Patient Signature : _____ Date: _____

The Implant Centre

HOME BLEACHING INSTRUCTIONS

We are planning to whiten your teeth using a carbamide peroxide gel. Please read the following instructions carefully.

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

As with any treatment, there are benefits and risks. The benefit is that teeth can be whitened quite quickly and simply. The risk is associated with continued use of the peroxide solution for extended periods of time (ie years). Research indicates that using peroxide to bleach teeth is safe, however new research directed at the safety of it's use on soft tissues (ie. gums/cheeks/tongue/throat) indicates that the long term affects are as yet unknown. Whilst the extent of the risk is unknown, acceptance of treatment does mean acceptance of this risk.

This type of tooth whitening treatment has been undertaken for over 40 years, during which time there is no evidence of any patient needing a root canal filling or experiencing any other damage as a result of tooth whitening.

The effectiveness of tooth whitening varies with each individual though most patients will achieve a change after 2-5 weeks. For the duration of treatment you are advised to reduce consumption of coffee, tea and red wine and do not eat berries or curries for the duration of your treatment and for one month after completion. It is also advisable not to smoke for the duration of your treatment and for up to 6 weeks afterwards.

You may experience sensitivity after a few days – this is quite common and will usually be slight and temporary. If this does occur, refrain from using the bleaching treatment for a day and commence again as usual. If sensitivity persists, please contact your dentist for further advice.

Some teeth do not bleach evenly – this occurs particularly on the lower pre-molar teeth around gum recession. Here, the enamel bleaches well but the exposed dentine does not whiten as significantly.

This treatment should not be undertaken if you are pregnant or think you may be pregnant. Whilst no adverse reactions have been reported, the long term clinical effects are unknown.

In very rare circumstances, the gel used may cause irritation if it comes into contact with your gums, eyes or skin. If this occurs wash the affected area thoroughly with water.

When you have achieved the whiteness you require, please keep your bleaching trays so they can be used for 'top-up' treatments. Some patients may never need to repeat the process, however if you feel your teeth are becoming stained again the treatment can be repeated for a night or two.

The Implant Centre

PATIENT INSTRUCTIONS FOR HOME TEETH WHITENING

Please read carefully before commencing teeth whitening

THE KIT

You should have;

- Custom made whitening trays
- Tray storage case
- Bleaching gel syringes

KEEP THESE PRODUCTS OUT OF THE REACH OF CHILDREN

DO NOT EXPOSE TO SUNLIGHT OR HEAT

THE GEL CAN CAUSE IRRITATION TO EYES AND SKIN - if experienced, rinse immediately with water

NOTE – THE WHITENING TRAYS ARE NOT SUITABLE FOR SPORT

YOUR TREATMENT OPTIONS

To achieve the quickest result, treatment should be uninterrupted, however, if you do skip a night or day, extend the duration of the process to compensate. Your dentist will have explained the best treatment option for your tooth whitening, however, the following are the usual options;

1. Bleaching trays worn at night whilst you sleep (4 hours minimum)
2. Once or twice a day for 2-4 hours.
(Recommended for people who have problems sleeping with the trays in place)
3. For more rapid results you can combine night and daytime wear. You must allow at least 2 hours between treatments and even more if sensitivity begins to develop.

PROCEDURE

- Brush and floss your teeth thoroughly
- Place one dose of bleaching gel into each whitening tray by placing a small amount of gel in each tooth compartment. Be careful not to over fill the trays.
- Secure the tray(s) into your mouth ensuring that they are completely seated - there should be no gel displaced onto the gums when the trays are secured.
- After treatment, remove and rinse the trays with cold water, brushing if necessary to remove any residual gel.
- Store the trays in the case provided in a dry place away from direct heat or sunlight. Do not refrigerate the trays. The unopened bleaching gel syringes should be kept refrigerated.
- Brush and rinse your teeth to remove excess gel.
- After treatment, avoid citrus foods and juices as these may cause sensitivity as they change the acidity of your saliva and may also cause irritation or slow down the whitening process.

DO NOT:

Do not: Use this treatment if you are, or may be pregnant or if you are breastfeeding.

Do not: Eat, drink or smoke whilst wearing your bleaching trays.

Do not: Ever use any other products (household or whitening) to whiten your teeth