

Bleaching

Information & Informed Consent



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GENERAL INFORMATION

Bleaching, also called tooth whitening, is a procedure that is designed to lighten the color of your teeth. When done properly, bleaching will not harm your teeth or gums. Significant lightening can be achieved in the majority of cases, but the **RESULTS CANNOT BE GUARANTEED**. Bleaching, like any other treatment, has some inherent risks and limitations. These are seldom serious enough to discourage you from having your teeth bleached, but should be considered in making a decision to have the treatment.

In addition, there are variables such as the type of discoloration that affects your teeth, the degree to which you follow our instructions, and the overall condition of your teeth can affect the outcome of treatment.

CANDIDATES FOR BLEACHING

Almost anyone is a candidate for bleaching. However, people with dark yellow or yellowish-brown teeth tend to bleach better than people with gray or bluish-gray teeth. Multi-colored teeth, especially if stained due to tetracycline, do not bleach well or require longer bleaching time. Root surfaces as result of gum recession also may not bleach effectively. In addition, teeth with many fillings, cavities, bondings, etc., may require supplemental treatment of replacement bonding, porcelain veneer or porcelain crowns.

POTENTIAL PROBLEMS

TOOTH SENSITIVITY During the first 24 hours following power bleaching, some patients experience sensitivity, which is usually mild if your teeth are normally sensitive and will usually subside within 1-2 days. With home bleaching, it may be necessary to reduce number of hours you wear and increase number of skip-days. A mild analgesic such as Tylenol or Advil may be used.

GUM IRRITATION Bleaching may cause temporary inflammation of your gums. This is usually a result of contact of excessive gel. Rinse with lukewarm water until symptomatic relief.

SORE THROAT Just like Gum-Irritation, excessive gel may irritate your throat when swallowed. It is important for you to rinse off the excess gel from your mouth when using the take home trays, and spit out excess instead of swallowing them.

LEAKING FILLING OR CAVITIES Most bleaching is indicated for the outside of the teeth (unless you already had a root canal). However, if any fillings are leaking and allow the bleach to get inside of the teeth, nerve irritation or damage can result.

CERVICAL ABRASION/EROSION These conditions affect the roots of the teeth when gum recede. Because these areas are generally void of enamel, they tend to look darker, and be more sensitive. Bleaching works in these areas but results can vary.

EXISTING FILLINGS Tooth-colored filling are used to closely resemble your existing teeth color. There are various types of fillings or bondings out on the market and they behave differently when bleached. Most tooth-colored restoration will not change color under bleaching, however some may become softer and may be more susceptible to staining. It is not unusual that a filling replacement will be necessary to achieve a new balance that match your newly whites.

TEMPOROMANDIBULAR JOINT (TMJ) PAIN Wearing bleaching tray may cause pain in your TMJ. Reduce the duration or frequency will alleviate the symptoms.

LEVEL OF LIGHTENING / RELAPSE There is NO reliable way to predict how light your teeth will be. Power bleaching generally produce WOW results, but will require touch-up trays to maintain the level of whiteness. Remember teeth are like shirts, if you don't bleach them, they will get darker just by normal wear and tear.

I have read and understand the bleaching procedure. These information were explained to my full understanding. I consent to this treatment.

Types of Bleaching	Duration of Treatment	Results	Notes
Power Bleaching Chairside Systems (most expensive, but many office do no include touchup trays, but we do along with touchup solutions)	45 mins to 75 mins (may require a second session)	Avg. 8 to 10 shades lighter	Pros <ul style="list-style-type: none"> • Immediate results • Long lasting results (supplemented with touchup trays) Cons <ul style="list-style-type: none"> • Less fadeback • Safe & comfortable • Performed by a Dental Professional • Increase Sensitivity • May enhance color variations from result of pre-existing conditions.
Professional Take Home Trays (around \$300 per jaw)	7-21 Days	5-7 shades	<ul style="list-style-type: none"> • Self Applied • Trays that fits perfectly • Gradual result means less sensitivity
Over-the-Counter / Whitening Strips / Paint-on Gel (\$ varies)	14-45 Days	3-6 shades	<ul style="list-style-type: none"> • Slow, gradual result • Inconsistent tooth whitening • Poor patient compliance • Mostly superficial stains only
ToothPaste (Least expense)	> 1 month	1-2 shades if any	<ul style="list-style-type: none"> • More placebo effect than any clinical significance

Patient Name _____ Date _____

X _____