



COMBERTON

DENTAL SURGERY & IMPLANT CENTRE

## COMBERTON DENTAL SURGERY & IMPLANT CENTRE

### TOOTH WHITENING

Patient Name:

Date:

- The active ingredient in tooth whitening is 16% Carbamide Peroxide. If you know of any allergy or adverse reaction to this ingredient please do not proceed with treatment.
- Tooth whitening can only be done in a healthy mouth.
- Fillings and crowns do not bleach and may need to be replaced afterwards.
- The amount of colour change is difficult to predict.
- Tooth whitening can usually be carried out on a patient with sensitivity; however, great care needs to be taken and desensitising agents applied.
- Tooth whitening may cause sensitivity which can normally be controlled and usually resolves completely.
- Cases of permanent sensitivity are extremely rare.
- The whitening agent does not change the colour right next to the gum very much.
- Some causes of discoloration are more difficult to lighten for example tetracycline staining usually takes six months.
- Colour stability varies; you may want to top up your whitening once a year.
- As with any treatment there are benefits and risks. The benefit is that teeth can be whitened fairly quickly in a simple manner. Research indicates that using Carbamide peroxide to whiten teeth is safe. There is new research indicating the safety for use on the soft tissues (gingivae, cheek, tongue and throat). The long-term effects are yet unknown, although acceptance of treatment means acceptance of risk.

## INSTRUCTIONS

- It is advisable to abstain from smoking during treatment and also to reduce foods which may stain such as tea, coffee, red wine and curries.
- Brush your teeth before and after bleaching. Brush the trays with your normal toothbrush. Apply the gel as you have been shown; wipe away any excess that comes out with your finger or toothbrush and rinse your mouth out with water. Do not swallow the water. Wear the trays for at least 6 hours but better overnight.
- If sensitivity occurs we recommend you use a sensitive toothpaste but if you have any further concerns please contact the surgery.
- Do not whiten your teeth if you are pregnant. There have been no reports of adverse reactions; but long term clinical effects are unknown.
- Once treatment is completed keep the trays safe; they can be used for top up maintenance.

## PROCEDURE

- We use a home whitening as it is easier to control the colour change and any sensitivity
- Impressions of the teeth are taken so that a laboratory can make up whitening trays. They are similar to a very thin gum shield in which the whitening gel is placed and worn by the patient. It is a close fitting tray which is very comfortable to wear.
- A shade match for the teeth is taken so we can monitor any changes.
- The dentist will show the patient how to apply the tooth whitening gel and fit the trays.
- The whitening trays are generally worn trays for at least 6 hours but better overnight.
- Treatment times vary. It can take from a few days to a few weeks and occasionally a few months.



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*I have read the information on tooth whitening and agree to return for examination after the treatment begins and at any recommended time afterwards. I have read and received a copy of this information sheet. I consent to the treatment and accept the risks described to me.*

*I consent to photographs being taken. I understand that they may be used for documentation and for illustration of my treatment.*

SIGNED: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_