



## TEETH WHITENING

Teeth whitening is a safe and effective way of making your teeth lighter in color which will give you a new self confidence in your smile. The whitening process primarily uses a special, well-researched chemical called CARBAMIDE PEROXIDE. Carbamide Peroxide penetrates the enamel and dentin of your teeth releasing oxygen during the whitening process. This ingredient oxidizes the stain in your teeth and allows the natural color of your teeth to come out. We will take an impression of your teeth and construct a special tray to put the Carbamide Peroxide gel into. You will wear a special tray at night while you are sleeping. You will whiten until your preferred color is attained. Then you will whiten 2-4 times per month to maintain the desired shade.

Here are a few things we would like you to understand.

1. Time is the most important factor in whitening. Increasing the amount or concentration of the gel does keep your teeth whiter for longer.
2. Since 1990, every research study has shown no adverse effects of tooth whitening.
3. If you have any upcoming appointments for bonding or white fillings DO NOT whiten your teeth or wear the trays for 1 week prior to the appointment, this will weaken the fillings. After the fillings are completed you may whiten all you like.
4. 80% of all patients do not experience a color regression after several years. The color will last up to three years or will stay permanently. The root surfaces of the teeth remain darker and may not whiten as the enamel and dentin do.
5. You may experience tooth or gum sensitivity as you use the gel. This is entirely normal and will go away after you finish the whitening process. The gel we use is formulated with fluoride and potassium nitrate to strengthen your teeth and minimize sensitivity.
6. 8 of 10 "brown spots" will get better. "White" spots do not change, however your teeth will likely lighten and blend in with the white spots.

7. If you have tetracycline (antibiotic) staining in your teeth, the whitening process will take much more time. Gum-line grey is the hardest to change. Some areas of teeth will not whiten.

8. The whitening process does not change the color of white fillings nor change the color of your caps or crowns. If you have dark-colored white fillings, they may need to be replaced after whitening to match the results of your whitening.

9. Avoid baking-soda, tartar-control and Close-Up toothpaste, as well as alcohol-based mouthwash while you whiten your teeth because it will react with the Carbamide Peroxide and make your gums more sensitive.

10. We may take before and after photographs for comparison.

11. You should not smoke nor drink dark-staining liquids while you are whitening your teeth. It will take longer and the color change may not be as satisfactory.

12. Carbamide Peroxide is most effective in the first 1-1/2 hours and continues to be active through the night for 8 more hours. Carbamide Peroxide is safe to swallow. However, you should fill your tray (**the bubbles on the front side of the tray**) carefully to not waste the chemical. Rinse your tray out in the morning when you wake up and keep it clean. **Any left-over gel should be stored in the refrigerator to use to freshen up your smile at a later time. 15 minutes in a hot car will kill the gels effectiveness.**

13. We have provided either 10% (between 1 hour -overnight) gel or 35% (20-30 minute) gel. **Please read the syringe label carefully and wear the gel for the appropriate time.** Either strength is very safe and effective.

If you have any question during the whitening process, please call your doctor for any help answering your questions. Dr. Williams feels that your smile will be improved and we are happy to help.

I have read the information provided and understand the whitening procedure. Dr. Williams or his staff has explained this procedure to me and all my questions, if any, were answered.

I consent to this treatment.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_