

All Smiles Family Dental
537 E Dundee Rd, Palatine, IL 60074
Ph. 847-907-0585

Informed consent for Teeth Whitening

Patient's Name (PLEASE PRINT)

Date

All forms of health treatment, including tooth whitening, have some risks and limitations. Complications that occur in professional tooth whitening are infrequent and usually minor. Studies indicate that professional tooth whitening is the safest aesthetic dental procedure available. Please read the following information. If you have any questions, please ask us before signing this consent form.

1. **Tooth sensitivity:** During the bleaching process, many patients experience tooth sensitivity. This sensitivity is usually mild if your teeth are not normally sensitive. With bleaching, this sensitivity will usually subside in 1-2 days. However, if your teeth are normally sensitive, please tell us before starting treatment.
2. **Gums and Soft Tissue irritation:** Temporary inflammation of your gums or any any oral soft tissue may occur. With bleaching, this is a minor problem and will resolve by itself in a few days.
3. **Exposed root surfaces:** These areas may be sensitive or become sensitive during bleaching. Therefore, be certain to make the dentist aware immediately of any sensitivity.
4. **Any current restoration you have, such as fillings, porcelain crowns, onlays and inlays cannot be whitened.**
5. **Patient cooperation:** This may be the single most important factor affecting treatment. Lack of cooperation may adversely affect the quality of the results. We recommend you do not use any tobacco products, or eat any chocolates, picante sauce (or any tomato based product), coffee, cola, tea, red wine, blueberries, strawberries, beets or anything that will stain clothes.

Completion of Treatment

1. **Almost anyone is a candidate for tooth whitening.** However, people with dark yellow or yellow-brown teeth tend to whiten better than people with gray or bluish-gray teeth. Multi-colored teeth, especially if due to tetracycline, do not whiten very well. Teeth with many fillings, cavities, chips, etc., are usually best treated by bonding, porcelain veneers or porcelain crowns.
2. **Level of Lightening:** There is no totally reliable way to predict how light your teeth will whiten. With in-office whitening, one session usually significantly whitens your teeth. Some patients require an additional session. There are no guarantees as to the degree of whitening of your teeth. The amount of whiteness varies with each individual.
3. **Relapse:** Following completion of bleaching, there may be a gradual tendency of your teeth to return to a darker color. This depends on oral habits such as smoking, tea and coffee usage, and eating certain staining foods. To prevent this restaining from occurring at all, you may choose to simply use a little gel once a month, or after your routine cleanings.

I understand the above directions and cautions and have been given the opportunity to discuss and ask questions concerning treatment.

Patient's or Guardian's Signature

Date