

## ***Zoom!*<sup>™</sup> Whitening Information/Informed Consent**

Whitening is a procedure that is designed to lighten the color of your teeth. When done by a licensed professional and done properly, whitening should not harm your teeth or gums. Significant lightening can be achieved in the majority of cases, but particular **RESULTS CANNOT BE GUARANTEED.** Whitening, like any other procedure, has some inherent risks and limitations. Although these risks are seldom serious enough to discourage one from having his or her teeth whitened, they should be considered in making a decision whether to have the procedure performed.

There are many variables that can affect the outcome of the procedure, 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.

### **Who are the best candidates for whitening?**

Almost anyone is a candidate for whitening. Experience shows that people with dark yellow or yellowish brown teeth sometimes achieve better whitening results than those with gray or bluish-gray teeth. Multi-colored teeth, especially if stained due to tetracycline, do not whiten as well. In addition, teeth with many fillings, cavities, chips, etc., are usually best treated through bonding, porcelain veneers, or porcelain crowns.

### **What types of whitening are available?**

**ZOOM! In-Office whitening:** This process can usually be done in one visit. Your appointment will take 45 minutes to 1 hour. Due to the strong whitening gel used in this procedure, a resin shield is used to protect your gums. Once the gums are protected, the gel is applied to the tooth surface. A special high intensity light will be used to further activate the gel for 3 fifteen minute sessions.

The advantages of in-office whitening are that we can do a lot of the work for you and you spend less overall time whitening your teeth. The disadvantages include some of the normal inconveniences associated with any dental treatment such as having to keep your mouth open for the duration of the procedure and the possibility of increased costs as compared to take-home whitening.

**Take-Home Whitening:** This process can be done anywhere- not just at home. It involves wearing a custom-made whitening tray that looks like a thin, transparent night guard. You fill the tray with a mild whitening gel. You then wear the gel filled tray for 1-2 hours per day or sleep with them over a period of time that generally extends from 10-14 days

The advantages of take-home whitening include convenience and possibly less cost. The disadvantages include the inconvenience of wearing the whitening tray and that your results will depend on your consistent use of the tray. We have found that a combination of Zoom and home bleaching trays or Deep Bleach will give a better result. The effectiveness of bleaching is time dependent. The longer the bleach is on the teeth the lighter the teeth get.

**Deep Bleach:** Deep bleach is our most advanced technique. If you want your teeth as white as possible this is for you. This involves the fabrication of special trays, 2 office visits and 2 weeks at home bleaching. The advantages are the whitest teeth possible. We consider this technique permanent. Of course it costs more but it is well worth it.

**Communication:** If you experience severe discomfort or any other problems, contact us immediately.

**Clean Teeth-** It is highly recommended that you have your teeth **professionally cleaned prior to your visit and you brush and floss just prior to the procedure.**

**Potential Problems**

**Tooth Sensitivity:** During the first 24 hours following whitening some patients experience sensitivity. If this occurs it will progressively subside. For this reason we recommend you take 2 Advil 1 hour prior to your appointment. However, if your teeth are normally sensitive, whitening may make your teeth much more sensitive for an extended period of time. If your teeth are sensitive after whitening, you may continue to take Advil until your teeth return to normal.

**Gum Irritation:** Whitening may cause temporary inflammation of your gums. This can be the result of a very small amount of the gel leaking under the gum protection. A burning sensation in your gums may also occur. This is a minor problem and will subside within an hour.

**Skin Irritation:** While every effort is made to protect your lips, in certain patients we are unable to cover all exposed surfaces. If this is the case, you may end up with mild sunburn. This can easily be treated with a topical lotion such as aloe.

**Effects on Fillings:** You need to have cavities filled or badly leaking fillings refilled prior to whitening. In addition, since whitening will normally lighten teeth but not fillings, you may need to have your fillings replaced, so that they will match your newly whitened teeth.

**Effects on Teeth:** If you have white blotches on your teeth (hypo-calcifications) these may intensify during the bleaching process from the teeth drying out. Once the teeth re-wet they will return to their pre-operative appearance.

**Completion of Treatment**

**Whitening Level:** There is no reliable way to predict how light your teeth will whiten. With ZOOM! In-office whitening. Only one session is usually necessary to lighten your teeth.

**Special Consideration:** The Zoom! In-Office Whitening System uses a light source that emits ultraviolet light in the UVA range. Although the output is less than half of the typical UVA exposure of commonly used facial and full body tanning units, the procedure incorporates significant protective and precautionary measures that are required for your protection. Our office is required to follow comprehensive directions for use supplied by the light manufacturer. None the less individuals undergoing PUVA therapy (Psoralen & UV Radiation) or other photo-chemotherapy, as well as those with melanoma should consult their physician prior to treatment. Patients taking any light sensitive drugs should also consult with their physician regarding possible photoreaction.

**Relapse:** Once whitening is complete, there may be a gradual relapse back to the original color. To prevent this relapse, you may choose to wear your take-home whitening tray periodically or consider Deep Bleach.

I have read and understand the bleaching procedure. The above information has been explained to me and I have had the opportunity to ask questions. I consent to this treatment.

FEE- \$495 with trays and touch-up kit  
plus tax

\$395 without trays and touch-up kit  
plus tax

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Patient Signature

Print Name

Date

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Witness Signature

Print Name

Date