

# Deep Bleach Teeth Whitening Informed Consent

When utilized properly, teeth whitening procedures and products whiten teeth significantly in nearly all cases, with some whitening techniques being more effective than others. As in any type of dental treatment, **specific results cannot be guaranteed**. Scientific studies have shown that when used properly, teeth whitening products will not harm your teeth or gums, however there are certain inherent risks and limitations. Most often the risks are not serious enough to prevent you from whitening your teeth.

Most people are candidates for whitening; however some teeth whiten more readily than others. Teeth with opaque spots due to various causes may result in the spots becoming noticeably lighter than the surrounding tooth color. Opaque spots will whiten much faster than the rest of the teeth, however if a highly effective technique such as Deep Bleaching™ is utilized, the surrounding tooth structure will usually whiten enough that these spots are not readily noticeable to others.

Teeth with dark spots most often respond very well to Deep Bleaching, however there is always the possibility that the dark spots will not whiten to exactly the same color as the surrounding tooth.

All natural teeth have a different shade/color when comparing the gum line area to the tip of the tooth (gum line areas are typically darker than the rest of the tooth). This is a natural occurrence. After teeth whitening, a difference in color when comparing the gum line area of the tooth to the tips of the teeth will still be apparent. The more effective the whitening technique that you select (such as Deep Bleaching), the less this difference in color will be. However, regardless of technique, there will always be some difference in color from the gum line to the tip of the teeth.

All patients have different cosmetic desires, expectations and requirements. If upon completion of whitening, the teeth have not whitened to the full desire of the patient, if there are opaque white spots that are still more noticeable than the patient's desires, or if there are dark spots that are still more noticeable than the patient's desires, additional cosmetic treatment may be necessary.

Sensitivity of gums and teeth during bleaching are common. Typically this sensitivity will last only a day or two after completion of whitening. You may be given products to reduce teeth sensitivity at home, however even with the desensitizing products you may still experience some sensitivity.

It is important to understand that tooth-color fillings, bondings, resin or porcelain veneers, or porcelain crowns will not whiten like natural teeth, and may need to be replaced after teeth whitening if the color discrepancy is noticeable.

## Teeth Whitening Options

**One-Hour Zoom Whitening** – This method of teeth whitening actually takes about one hour. The advantages of this technique are that the results are achieved quickly, without need for wearing bleaching trays at home. The disadvantage is that all types of one-visit one-hour whitening are highly unpredictable, regardless of the products used, and any result has the potential to fade within a short time.

**At-Home Whitening** – This method of teeth whitening requires the wearing of custom-made whitening trays to be worn by the patient at home every day or every night for one or more weeks. The advantage of this technique is that it is much more predictable and longer lasting than one-hour whitening. The disadvantage is that the results are not immediate and that it does require more time and effort on the part of the patient.

**Deep Bleaching™** – this method requires two in-office sessions and at-home wear of the custom made Deep Bleaching Trays™ for 2 weeks. The advantage is that this is the most predictable, effective and long-lasting whitening effect possible. The disadvantage is higher cost and more involved treatment.

To achieve permanent whiteness of your teeth, both at-home whitening and Deep Bleaching must be maintained by periodic wearing of the custom whitening trays at home as prescribed by your dentist. Without prescribed maintenance, the whiteness of the teeth will fade with time.

If you choose at-home whitening or Deep Bleaching, the procedures will ONLY be effective if you closely follow the instructions given and conscientiously wear your bleaching trays as directed.

If you experience severe discomfort or any other problem that prevents you from wearing your bleaching trays as directed, you must contact this office immediately.

I have read and understand the above information, I have received verbal instruction and explanation from the dental office staff, and I have had the opportunity to ask questions. I consent to the planned teeth whitening procedure.

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Patient or parent/guardian's signature

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Date

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Witness