



322 Carlisle st. Balaclava, VIC.
P: 03 9527 7278
F: 03 9527 7352
E: info@balaclavadentalcare.com.au
W: balaclavadentalcare.com.au

Informed Consent for Chairside Teeth Whitening Treatment

Procedure:

Chairside whitening is a procedure designed to lighten the colour of your teeth using a naturally buffered hydrogen peroxide based formula. It produces maximum whitening results in the shortest possible time with minimal sensitivity.

During the procedure, the whitening gel will be applied to your teeth for approximately 50 minutes. For the duration of the entire treatment a plastic cheek retractor will be placed in your mouth to help keep your lips retracted. Your gums will be covered with a barrier to ensure isolation from the peroxide gel.

Before and after the treatment the shade of your teeth will be recorded.

Risks:

All forms of health treatment, including tooth whitening, carry some risks and limitations. Complications that can occur in professional tooth whitening are infrequent and are usually minor in nature.

- **Tooth Sensitivity:**

During the whitening process some patients may experience tooth sensitivity. This is normal and generally mild if your teeth are not normally sensitive. If your teeth are normally sensitive, please inform us before treatment. Let us know if you experience any discomfort during or after the procedure so we are able to minimize your discomfort. A mild analgesic will usually be effective in reducing any discomfort.

- **Gum and soft tissue irritation:**

Whitening may cause irritation of your gums, lips or cheek margins. This is generally the result of the whitening gel coming into contact with these tissues. Protective materials are placed in the mouth to prevent this, however despite our best efforts, it can still rarely occur. If any irritation does occur, it is generally short in duration and is very mild. Applying Vitamin E (provided after treatment) and rinsing with warm salt water can relieve it.

- **Existing restorations:**

White fillings; porcelain or composite restorations, crowns or veneers will not whiten at all. Root treated and heavily restored teeth may not whiten evenly with your natural teeth during this procedure. Please discuss this with your dentist prior to beginning treatment.

Expectations:

Significant whitening can be achieved, although there is no absolute way to predict how light your teeth will get. Under normal conditions we can expect this process to brighten your teeth by 1 to 3 shades brighter on the VITA shade scale.

Please understand that teeth with multiple colorations, bands, splotches or spots due to tetracycline staining or fluorosis do not whiten as well and may appear more spotted after treatment. These effects are generally short in duration. Chairside professional tooth whitening is **not recommended** for pregnant or lactating women, children under 14 years of age or any persons having known peroxides allergies.

Consent:

I understand that the final result of my Chairside professional whitening treatment cannot be guaranteed. I can ask my Dentist about whitening treatments that will most benefit my case.

I understand that after treatment, I will be required to refrain from consuming any chromogenic substances (i.e. tomato sauce, coffee, all tobacco products) for 48 hours.

In signing this informed consent I am stating I have read the informed consent information and I fully understand it and the possible risks, complications and benefits that can result from the Chairside tooth whitening system.

Patient's Signature: _____ Date: _____

Patient's Name (printed): _____ Date: _____

Post Operative Instructions After Teeth Whitening

- If you are a smoker: avoid smoking for 48 hours.
- Avoid highly coloured foods, such as red sauce, curries or mustards, blueberries, etc. and beverages such as red wine, colas, black coffee and tea for 48 hours.
- Mild sensitivity may occur to cold and hot liquids; this usually passes within 24-48 hours.

Continue to use sensitive toothpaste (Colgate Pro-Relief) and rub this in topically with your finger into more sensitive areas.

Mild analgesic medications such as Panadol or Nurofen may also be used as recommended.

If sensitivity is severe or persists please contact us on 03 95277278.

- Continue good oral hygiene habits throughout the treatment and between dental visits.

List of recommended foods you may consume for the next 24 hours.

Drink: Milk, Water or Clear Soda

Oats: Oatmeal, cream of wheat

Dairy: Plain yogurt

Fruit: Banana, apples

Bread: White Bread, flour tortillas

Grains: White rice, baked potato

Pasta: Plain pasta and white wine sauce

Meat: turkey, chicken breast