

# Lifetime Whitening Consent & Instruction Sheet

## Lake Orion Family Dentistry

*Care That's Close to Home But Far From Ordinary!*

These days, people are much more aware of their personal appearance. People spend thousands of dollars each and every year on cosmetics, hair care products, gyms, diets, and plastic surgery. Many people neglect the fact that a beautiful smile can enhance their appearance more than many of the other cosmetic investments they make.

Many patients have expressed concerns that as they get older; their teeth are getting darker. Through time, teeth darken through what is called extrinsic staining. The hard enamel shell of the teeth is the hardest substance on the body but is still slightly porous. These minor porosities allow food items such as coffee, tea, and certain foods to stain the teeth.

Teeth whitening, in general, is mainly indicated to lighten uniformly brown or yellow-brown teeth, regardless of whether they are very dark or not. Some of our patients, who we feel have quite acceptable color, still desire to have their teeth lighter. Whitening can even lighten the blue gray staining caused by tetracycline antibiotics used as a child, but will not change the basic hue or the banding that these teeth usually show.

We want our patients to understand that we can lighten teeth but there are no guarantees as to how light the teeth will become. Results will vary from one individual to another. Most patients see their expected results; others see no changes at all. Therefore, although this procedure is safe and effective for most patients, results cannot be guaranteed. Also, bleached teeth may regress and need re-bleaching periodically. We usually tell our patient that after the initial bleaching of 2-4 weeks they should whiten their teeth one to two times a week for the preservation of the outcome we achieved. Note: this procedure will not brighten the color of existing crowns (caps), bridges or fillings. These may have to be replaced to match.

Prior to whitening, like any other cosmetic procedure, a complete examination, including radiographs (x-rays), of the patient's teeth is done. Photographs of the patient's teeth are taken at this time so that we can compare before and after results of our cosmetic procedures. We also use a shade guide to determine the actual shade of the teeth in order to objectively compare what the starting color of the teeth looked like compared to the end result. Our highly trained assistants take impressions, or molds, of the teeth and make a plaster model from these. Then we make custom fabricated whitening trays for the patient's teeth. This allows for very close adaptation of the whitening material to the teeth to increase the efficiency of the whitening procedure.

Informed consent:

1. The active ingredient is hydrogen peroxide in an inert base. Fluoride is also added to protect the teeth. If you have had or develop any allergy or adverse reaction to the above, do not undergo or continue treatment.
2. Hydrogen peroxide solution has been available for decades as an oral antiseptic and dental office tooth whitener. There are no published studies demonstrating that cosmetic whitening changes or damages the tooth structure. The body naturally produces peroxides and also makes enzymes that break down peroxides.

3. As with any treatment, there are benefits and risks. The benefit is that teeth can be treated in a fairly simple manner. The risk involves the prolonged use of peroxide solution for a number of weeks. There is research indicating that using hydrogen peroxide on teeth themselves is safe. There's no definitive research, however, indicating the safety for the soft tissue (gums, cheek, tongue, throat). Acceptance of treatment means acceptance of risk and, although preliminary findings are encouraging, long-term effects are not known.

4. Many patients experience a relapse when treatment is discontinued. The amount of relapse is variable: on average there is little. Coffee, tea and tobacco and certain foods will stain teeth after treatment in the same manner as they were stained before.

5. You may experience any or all the following during treatment:

- a. sensitivity to hot and cold
- b. Soreness of teeth and/or changes in the bite.
- c. burning sensation of gums and/or throat
- d. soreness of the jaw joint/s
- e. facial pain
- f. These problems are usually slight. Treatment should be discontinued immediately and your

Dentist consulted before continuing.

6. Pregnant women should not be treated. If Pregnancy is anticipated, treatment will be postponed.

7. You have been diagnosed with the following periodontal disease types \_\_\_\_\_

8. other

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As mentioned, some patients experience minor tooth and/or gum sensitivity initially. This usually goes away after a few days of use. After two to three days we find that patients have no sensitivity to the solutions. We then have the patients use the whitening trays more often. Two ½ hour sessions in the morning and also in the evening works the best for most.

Instructions for our patients whitening their teeth:

- 1) Brush and floss your teeth. Next, remove the clear plastic cap from the syringe and replace with the mixing nozzle.
- 2) Place a small drop of gel inside the front portion of each tooth compartment of your tray. Each syringe has twelve marked treatment doses. Use up to one dose per tray per application
- 3) Once the gel is dispensed into your trays, place the blue tip cap back on the mixing nozzle.
- 4) Place the tray with gel over your teeth. Be careful not to push the gel out of the tray, but be sure that the tray is completely seated over your teeth.
- 5) Remove any excess gel (outside the trays) with your finger or a dry toothbrush.
- 6) Whitening effectiveness is simply time and dose dependent. The more you wear the tray and material the quicker your teeth will whiten!
- 7) Wear the trays for at least 60 minutes, but the longer the better for maximum effect as long as you do not have sensitivity. Wearing the whitening tray while sleeping, in our opinion, can be the best protocol. Wearing the tray longer does give better results even though the solution loses power through time. The hydrogen peroxide based materials begin to lose their potency after approximately 30-45 minutes but are still working up to 9 hours later.
- 8) After whitening, remove the trays, rinse and brush excess gel from your teeth and gums. Rinse the trays with cold water. Use a toothbrush to remove any residual gel from the trays. Place the trays in the storage case and keep them in a cool, dry place.

9) Repeat steps 1-7 for each subsequent whitening application. For optimal results, whiten your teeth twice a day. If you experience mild sensitivity wait least one hour between applications.

As part of your treatment, our office does not charge separately for the impressions of your teeth, models of the teeth, the custom whitening trays, photographs, or office visits pertaining to the whitening procedure. These are all included in the whitening fee initially quoted. With conservative use, as we instruct, the tube should be good for approximately 3 applications. If you happen to lose the whitening tray(s), or if the trays do not fit due to the patient having dental work done such as crowns, fillings etc, we will remake them for \$20 per tray. Please keep the trays in the retainer box we give you.

The cosmetic whitening is a great investment because, besides purchasing the future refill solutions, it is a one time investment. In the long run, it is more economical than any of the cable station specials or pharmacy products because it is effective and professionally monitored. Please ask any clinical team member if you have any questions!

I understand to stay enrolled in Lake Orion Family Dentistry's Lifetime Whitening program I must:

-Keep regular (every six months) recare appointments which include 2 cleanings per 12 months (or every 3-4 months for periodontal patients), atleast 1 exam per 12 months, and recommended x-rays at least once a year. If I go more than 30 days beyond my check-up time the enrollment will be revoked.

-My account must be current (no outstanding balance)

I have read the above information. It has been explained to me and I had the opportunity to ask questions. I have been advised about my periodontal disease case type and the consequences of not being treated for gum disease. I agree to return for examination during treatment at recommended times and afterwards for periodic oral exams. I have read and received a copy of the information and instruction sheet. I understand the directions and information. I had the opportunity to ask questions. I consent to treatment and the enrollment rules and regulations.

I also understand that Lake Orion Family Dentistry reserves the right to cancel the enrollment if for any reason they are unable to supply the whitening solution due to circumstances beyond their control with the supplying company. \_\_\_\_\_ **initial**

Patient \_\_\_\_\_

Doctor \_\_\_\_\_