

ANNE BONNY'S LASH & SKIN BOUTIQUE

TEETH WHITENING INFORMATION & CONSENT FORM

General Information

Teeth whitening is designed to lighten the color of your teeth. Significant lightening can be achieved in the vast majority of cases, but the results cannot be guaranteed. When done properly, the whitening will not harm your teeth or gums. However, like any other treatment, it has some inherent risks and limitations. These are seldom serious enough to discourage you from having your teeth whitened, but should be considered when deciding to have the treatment.

Candidates for Teeth Whitening

Just about anyone is a candidate for teeth whitening. However, the following cases should be considered:

- 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.
- People with significant periodontal disease are not good candidates
- If you are pregnant, obtain permission from your doctor before trying the whitening procedure.
- People with minimal discoloration, (teeth that are already very white) may not see a substantial degree of whitening.
- Teeth with many fillings, cavities, chips, etc., are usually best treated by bonding, porcelain veneers or porcelain crowns. Any current restoration you have, such as, fillings, porcelain crowns, onlays and inlays cannot be whitened.

Potential Problems

Initials _____ • **TOOTH SENSITIVITY** - During the first 24 hours following whitening, some patients experience transient sensitivity. This sensitivity is usually mild if your teeth are not normally sensitive. This sensitivity will usually subside in 1-2 days. However, if your teeth are normally sensitive, whitening may make your teeth more sensitive for an extended period of time. If your teeth are sensitive after whitening, a mild analgesic such as Tylenol or Advil will usually be effective in making you more comfortable until your tooth sensitivity returns to normal.

Initials _____ **GUM IRRITATION** - This is the result of a small amount of solution leaking under the gum protection. A burning sensation on your gums may also occur. This should resolve by itself between a few hours to a few days. You may also experience burning and /or swelling of the lips. With home whitening, irritation can result from leakage onto the gum tissue.

Initials _____ **EFFECT ON FILLINGS** - Tooth colored fillings will not whiten if the filling matches your current color, whitening will result in mis-matched shades with your natural teeth. You may need to have your fillings replaced to match you newly whitening teeth.

Completion of Treatment

- **LEVEL OF LIGHTENING** – There is no totally reliable way to predict how light your teeth will whiten, one session usually significantly whitens your teeth. Some patients require additional sessions.
- **RELAPSE** - Following completion of whitening, pigments found in food and drinks will re-stain your teeth, commonly called whitening relapse. You may use daily whitening toothpaste, available in drug stores.

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DESCRIPTION OF THE PROCEDURE

___ In-Office Whitening is a procedure designed to lighten the color of my teeth using a hydrogen peroxide gel. The In-Office Whitening treatment involves using the gel to produce maximum whitening results in the shortest possible time.

___ During the procedure the whitening gel will be applied to my teeth for two or three 20-minute sessions, with an optional fourth 20-minute session. During the entire treatment, a plastic retractor will be placed in my mouth to help keep it open and the soft tissues of my mouth (i.e. my lips, gums, cheeks and tongue) will be covered to ensure they are not exposed to the gel.

___ Lip balm may also be applied as needed and I will be provided protective eyewear for my eyes. After the treatment is completed, the retractor and all gel and tissue coverings will be removed from my mouth. Before and after the treatment, the shade of my upper-front teeth will be assessed and recorded.

___ After the whitening treatment, it is natural for teeth that underwent the whitening treatment to regress somewhat in their shading after treatment. This is natural and should be very gradual but it can be accelerated by exposing the teeth to various staining agents. Treatment usually involves wearing a take home tray or repeating the whitening treatment.

___ I understand that the results of the whitening treatment is not intended to be permanent and secondary, repeat or take-home treatments may be needed further to maintain the tooth shade I desire for my teeth. I understand that after treatment, I will be required to refrain from consuming any substances that could discolor my teeth for the first 48 hours after treatment. These substances include: coffee, teas, and colas, ALL tobacco products, mustard or ketchup, red wine, soy sauce, berries, berry pie, and red sauces.

SIGNATURES

I have read the information provided and understand the whitening procedure. The staff at Anne Bonny's Lash & Skin Boutique has explained this procedure to me and all my questions, if any, were answered. I consent to this treatment.

Client Name (Print): _____ **Date:** _____

Client Signature: _____ **Date:** _____

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Provider: _____ **Date:** _____