

CHURCH LANE DENTAL PRACTICE HOME BLEACHING INSTRUCTION AND CONSENT FORM

We are planning to whiten your teeth using hydrogen peroxide solution. Please read the following instructions carefully.

The active ingredient is hydrogen peroxide in a glycerin base. If you know of any allergy or are aware of any adverse reaction to this ingredient, please do not proceed with this treatment.

As with any treatment there are benefits and risks. The benefit is that teeth can be whitened fairly quickly in a simple manner. The risk involves the continued use of the peroxide solution for an extended period of time. Research indicates that using peroxide to bleach teeth is safe. There is new research indicating the safety for use on the soft tissues (gingivae, cheek, tongue and throat). The long term effects are as yet unknown. Although the extent of the risk is unknown acceptance of treatment means acceptance of risks.

The amount of whitening varies with the individual. Most patients achieve a change within 2-5 weeks. Try to reduce the amount of tea, coffee, and red wine or eat berries or curries during or after treatment for at least 1 month. Use toothpaste to clean your teeth during treatment.

This type of treatment has been done from some patients over 40 years ago. During this time nobody needed a root canal or damaged a tooth following home bleaching treatment.

It is advisable not to smoke during the bleaching course. The course lasts 5-8 weeks.

Sensitivity may result after a few days. This is usually slight and temporary. If this should occur refrain from using the bleaching treatment for 3-4 days.

Do not use the bleaching treatment if you are pregnant. There have been no adverse reactions but long-term clinical effects are unknown.

Wear the tray for 1hr.