

Teeth Whitening Trays - Informed Consent

Informed Consent is both a process and a document. Neither can stand alone as informed consent. The informed consent process must include a verbal review of the procedures, alternatives, and risks of teeth whitening trays and solutions, as set out below, as well as an opportunity for the client to ask the dentist any question about the procedure. The informed consent *document* must be completed and signed by you, the client, or by a parent or legal guardian.

Note: A copy of this document must be provided to the client and the legal guardian if the client is under 18 years old.

Licensed Denturist Information

LAST NAME:	FIRST NAME:	MIDDLE INITIAL:
BUSINESS NAME:		
BUSINESS ADDRESS:		
CITY:	STATE:	ZIP:
BUSINESS PHONE:	BUSINESS EMAIL:	

Client Information

LAST NAME:	FIRST NAME:	MIDDLE INITIAL:
DATE OF SERVICE:		

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. Dark yellow or yellow-brown teeth tend to whiten better than teeth with gray or bluish-gray color. Multi-colored teeth, especially if stained due to tetracycline, do not whiten very well. Teeth with many fillings, cavities, chips, etc., are usually best treated by bonding, porcelain veneers, or porcelain crowns.

Procedure

Custom tooth whitening trays, involve wearing a custom-made bleaching tray filled with a mild teeth whitening solution. Custom made whitening trays are made by licensed professionals, including denturists, and are molded especially for the individual's mouth, keeping teeth whitening solutions in close contact with the tooth's surface. This enhances the whitening effect and increases safety by minimizing the amount of peroxide that contacts the gums or is swallowed. Teeth whitening solutions, sold by licensed professionals and drugstores, use a form of peroxide (hydrogen and carbamide are the most common) of varying strengths to oxidize or eat away at the tooth's color particles to brighten teeth. The amount of peroxide in store-bought kits ranges from 3% to 10%; in professional-grade whiteners (available from a dentist), it runs as high as 40%.

Alternatives

In-Office Whitening Provided by Dentists:

In-office bleaching performed by a dentist provides the quickest way to whiten teeth. The whitening product is applied directly to the teeth. These products can be used in combination with heat, a special light, and/or laser. Results generally noticeable in one 30-to-60-minute treatment. To achieve dramatic results, several appointments may be needed.

Over-the-Counter Whitening Strips and Gels:

Whitening gels are clear, peroxide-based gels applied with a small brush directly to the surface of your teeth. Instructions generally call for twice a day application for 14 days. Initial results are seen in a few days and final results are sustained for about four months. Whitening strips are very thin, virtually invisible strips that are coated with a peroxide-based whitening gel. The strips are applied twice daily for 30 minutes for 14 days. Initial results are seen in a few days and final results are sustained for about four months.

Do Nothing:

Teeth whitening is an esthetic procedure and a patient's choice.

Risks

Ingredients:

Some individuals have adverse reactions to the active ingredients in teeth whitening products. While there are some individuals who can use these products without suffering any obvious side effects, there are others who will get affected because of their sensitivity to these ingredients. Depending on people's sensitivities to these ingredients and the measure or amount of teeth whitening products used, they can suffer gum and lip burns or permanent damage to the teeth where the teeth will become permanently sensitive to the ingredients in the product and similar ones.

Tooth Sensitivity:

Mild and temporary tooth sensitivity can occur with many teeth whitening products including inflammation or 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. With custom tooth whitening trays, it may be necessary for you to reduce the number of hours you are wearing the bleaching tray or stop using it for a short time to resolve the sensitivity. 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 will usually be effective in making you more comfortable until your teeth return to normal.

Gum Irritation:

If the trays don't fit well, they can irritate the gums. If you notice that effect, it's also wise to stop the teeth whitening product. This could be the result of a small amount of solution leaking under the dental dam. A burning sensation on your gums may also occur. This may resolve by itself in a few hours or couple of days. With custom tooth whitening trays, irritation can result from using the tray for too many hours when you first start whitening. It may be necessary for you to reduce the number of hours you wear the tray or stop using it for a short time to resolve these gum problems.

Effect On Fillings and Crowns:

Be aware that tooth-colored fillings or crowns will not whiten. If the filling or crown matches your current color, bleaching will result in mis-matched shades with your natural teeth. You may need to have your filling or crown replaced so it will match your newly whitened teeth.

Responsibilities

Communication:

If you experience any severe discomfort with the fit of your teeth whitening tray contact your licensed denturists. However if you experience problems with the teeth whitening solutions contact a medical professional, as this is outside the scope of practice for a licensed denturist.

Questions – This section to be completed by the client and the Denturist

This section is your opportunity to ask questions you have about the procedure for having a custom-made teeth whitening tray made. These questions may be about the procedure, possible alternatives, possible risks, etc. (attach additional blank pages if needed).

Question # 1:

Answer # 1:

Question # 2:

Answer # 2:

Acknowledgment

By my signature below, I have been fully informed of the risks of teeth whitening including but not limited to tooth sensitivity, gum irritation and use of teeth whitening gels. Having been informed of the potential risks associated with teeth whitening, I still wish to proceed with having a custom-made bleaching tray made and I assume any and all risks that may arise from the service.

Copy of Informed Consent Documents Provided: Verbal and Written

Patient Signature:

Date:

(or legal guardian if client is under 18 years old)

The original signed consent form must be kept by the denturist as part of the patient's records and retained for a minimum of seven years in accordance with rule. A copy of the signed consent form must be given to the client.