

Bleaching Information/Informed Consent

General Information

Bleaching is a procedure which is designed to lighten the color of your teeth. When done properly, bleaching will not harm your teeth or gums. Significant lightening can be achieved in the majority of cases, but the **RESULTS CANNOT BE GUARANTEED**. Bleaching, like any other treatment, has some inherent risks and limitations. These are seldom serious enough to discourage you from having your teeth bleached, but should be considered in making a decision to have the treatment.

In addition, there are variables such as the type of discoloration that affects your teeth, the degree to which you follow our instructions, the overall condition of your teeth, etc., that can affect the outcome of treatment.

Candidates for Bleaching

Almost anyone is a candidate for bleaching. However, people with dark yellow or yellowish-brown teeth tend to bleach better than people with gray or bluish-gray teeth. Multi-colored teeth, especially if stained due to tetracycline, do not bleach very well. In addition, teeth with many fillings, cavities, chips, etc., are usually best treated by bonding, porcelain veneers, or porcelain crowns.

Types of Bleaching

Power Bleaching This process can be done in one visit but may require multiple visits depending on how your teeth respond to the bleach. Each appointment takes about 1–1.5 hours. A protective elastic shield called a rubber dam is placed over the teeth to be bleached. This rubber dam protects your gums from the bleach, which is very strong. In certain instances, a different type of gum protection is used. Then the bleach is applied and allowed to penetrate your teeth to lighten them. Sometimes, a special heat lamp or bleaching light will be used to further activate the bleach. Power bleaching can also be done to lighten a tooth that has had a root canal. In this case, the tooth is bleached both from the inside and the outside.

The advantages of power bleaching include our doing all the work for you and less overall time spent bleaching your teeth. The disadvantages include the normal inconvenience of any dental treatment such as having to keep your mouth open for the duration of the appointment and the possibility of increased costs as compared to home bleaching.

Home Bleaching This process, which can be done anywhere — not just at home, involves wearing a custom-made bleaching tray which looks like a thin, transparent nightguard, filled with a mild bleaching gel. You need to wear the bleach-filled tray a specified number of hours per day (per our instructions) for approximately 2–4 weeks. We check your bleaching progress once a week during the period you are using the bleaching gel.

The advantages of home bleaching include convenience and possibly less cost. The disadvantages include the inconvenience of wearing the bleaching tray and the results depend on your consistent use of the bleach.

Your Responsibilities

Keeping Your Appointments When power bleaching is done, there seems to be more lightening when your appointments are spaced 1–2 weeks apart. If more than two weeks pass between appointments, some momentum is lost and the bleaching results may take longer to achieve.

Wearing Your Bleaching Tray If you choose home bleaching, it will only be effective if you conscientiously wear the bleaching tray for the prescribed number of hours per day.

Communication If you experience severe discomfort or any other problems, contact us immediately.

Potential Problems

Tooth Sensitivity During the first 24 hours following bleaching, many patients experience sensitivity. This sensitivity is usually mild if your teeth are not normally sensitive. With power bleaching, this sensitivity will usually subside within 1–2 days. With home bleaching, it may be necessary to reduce the number of hours you wear the bleaching tray or stop using it for a short time to resolve the sensitivity.

However, if your teeth are normally sensitive, bleaching may make your teeth much more sensitive for an extended period of time. Under these circumstances, you may choose to delay bleaching until we are able to complete desensitization procedures.

(continued on back)

If your teeth are sensitive after bleaching, a mild analgesic such Tylenol or Advil will usually be effective to make you more comfortable until your teeth return to normal.

Gum Irritation Bleaching may cause temporary inflammation of your gums. With power bleaching this is the result of very small amounts of bleach leaking under the rubber dam or it may be caused by the rubber dam itself. A burning sensation in your gums may also occur. This is a minor problem and will subside in a few days.

With home bleaching, irritation can result from using the bleaching tray too many hours when you first start bleaching or using the bleaching tray too many hours in a row without a break. 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 these gum problems.

Sore Throat If you overload a bleaching tray with home bleach, the excess may go down your throat and cause soreness. This soreness will also subside in several days, assuming you spit out the excess bleach instead of swallowing it.

Leaking Fillings or Cavities Most bleaching is indicated for the outside of the teeth (unless you already had a root canal). However, if you have any fillings that are leaking and allow the bleach to get into the inside of the teeth, damage to the nerves of the teeth could result. In this case, the fillings need to be redone prior to the bleaching. In addition, open cavities can also allow bleach to reach the nerves of the teeth. They should also be filled before bleaching.

Cervical Abrasion/Erosion These conditions affect the roots of the teeth when gums recede. They are the grooves, notches, or depressions where the teeth meet the gums that look darker than the rest of the teeth. They look darker because there is no enamel in these areas. Even if these areas are not sensitive, bleach can potentially penetrate the teeth and damage the nerves. These areas should not be bleached and should be filled after the bleaching is completed.

Root Resorption This is a condition where the root of a tooth starts to dissolve, either from the inside or outside. Although the cause of the resorption has not been determined, studies have shown that its incidence is higher in teeth that have had a root canal and are then bleached.

Effect on Fillings Even though open cavities should be filled or badly leaking fillings should be refilled prior to bleaching, home bleaching can cause tooth-colored fillings to become softer and may make them more susceptible to staining. Therefore, you should be prepared to have any fillings in your front teeth replaced after bleaching. In addition, since bleaching will normally lighten teeth, but not fillings, you may need to have your fillings replaced anyway, so that they will match your newly whitened teeth.

Completion of Treatment

Level of Lightening There is no reliable way to predict how light your teeth will bleach. With power bleaching, 2–5 sessions are usually necessary to significantly whiten your teeth. With home bleaching, 2–4 weeks of wearing the bleaching tray daily for the prescribed number of hours will give you much lighter teeth. Additional bleaching may provide slightly more whitening, but increased side effects may occur. We do not recommend home bleaching longer than four weeks.

Relapse Once bleaching is complete, there may be a gradual relapse back to the original color. To reverse this relapse, a power bleach touchup treatment may be necessary after 6–12 months. With home bleaching, you may choose to wear your bleaching tray once a month to prevent a relapse from occurring at all.

I have read and understand the bleaching procedure. The above information has been explained to me and I have had the opportunity to ask questions. I consent to this treatment.

PATIENT SIGNATURE

PRINT NAME

DATE

WITNESS SIGNATURE

PRINT NAME

DATE

English

Check your kit to ensure it contains everything you need to whiten your teeth:

- Your custom fitted whitening trays
- One tray storage case
- Whitening gel syringes
- Reusable mixing nozzles

Please follow the directions carefully. If you have questions or if more than mild tooth sensitivity develops, cease the treatment and contact your dental professional.

Procedure (Important to read thoroughly prior to whitening)

1. Floss and brush your teeth.
2. In a counterclockwise motion, twist and pull off the clear plastic cap from the end of the syringe.
3. Place the mixing nozzle on the end of the syringe and secure by twisting the mixing nozzle in a clockwise motion.
4. Place a small amount of gel in each tooth compartment in the tray (Diagram 1). To guide you the "gel drop" shown represents the average size drop you should dispense into each tooth compartment (Diagram 2).
5. Place the tray with the gel in your mouth (Diagram 3). As you insert the tray, be careful not to push the gel out of the tray. You may see "bubbling" within your trays while wearing them. This bubbling is actually part of the whitening process.
6. Use extra care to avoid getting gel on your gums. Remove excess gel with a cotton swab or a dry toothbrush.
7. After whitening, rinse the trays with cold water. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case, and store them in a cool dry place.
8. Rinse and brush your teeth to remove excess gel.

Don't

- Use the treatment while pregnant or lactating.
- Whiten if you have diabetes or heart disease, consult your physician.
- Overload whitening trays with gel as tooth and/or gum irritation may occur.
- Use any household or other whitening products to whiten your teeth.
- Eat, drink or smoke while wearing your custom trays.

In General

Some patients may experience increased tooth sensitivity to cold during the treatment, while others may have nonspecific sensitivity in their teeth, gums, tongue, lips, or throat. If any of these symptoms occur and are more than mild, discontinue the treatment until you speak with your dental professional. The symptoms should subside within 1-3 days after interrupting the treatment.

When the sensitivity is gone, consider the following options. If the problem is gum irritation, reduce the amount of gel used in your trays. Also, place your trays on your teeth and visually examine them. If the trays extend over your gums, have your dental professional trim them to prevent the gel from getting on your gums.

If the sensitivity is in the teeth, try whitening every other or every third night. If the sensitivity persists, ask your dental professional for Discus Dental's Relief™ Desensitizing Gel to be used in conjunction with the whitening gel. Again, if the discomfort continues, discontinue the treatment and consult your dental professional.

It is normal to see dark color in the trays where you have amalgam (silver) fillings. The gel oxidizes the surface stains on these amalgam fillings.

The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

Treatment Time

Formula	Concentration	Recommended Wear Time	Comments
Zoom!*, Turbo	6%	Overnight	Recommended daily use
Nite White*	10% and 16%	Overnight	Recommended daily use
Nite White*	10% and 16%	2-4 hours twice per day	Option for problem sleepers
Nite White*	10% and 16%	1-2 hours per day	For patients with tooth sensitivity
Nite White*	22%	1 hour once or twice per day	Do not exceed one hour per application
Day White*	7.5% and 9.5%	At least 30 minutes, but no longer than 1 hour per day	For optimal results, wear twice per day

Important: Overloading trays with gel may cause tooth sensitivity and/or gum irritation. A little gel goes a long way!

For Optimum Results

The treatment should go uninterrupted. If you must skip a night or two, the process must be extended to compensate for the time missed. In order to maintain the whitest tooth shade possible, it is always best to avoid substances such as coffee, tea, red wine and tobacco.

Do:

- Place tip cap on syringe nozzle after each use to avoid potential product leakage.
- Try to minimize consumption of coffee, tea, red wine, and tobacco because these substances may re-stain the teeth during and after the whitening process.
- Continue good oral hygiene throughout the treatment.
- Store any remaining whitening gel in a cool dry place for later use once the process is complete. Do not freeze.

Post Treatment:

Some patients will never need to repeat the whitening process. However, if you notice that you are acquiring some stain, you may do a touch-up for one to three nights every 4-6 months. Ask your dental professional for information about other Discus Dental products designed for whitening touch-ups.

Always

Contact your dental professional if you have questions.