

Home Bleaching Tray Information and Instructions

Introduction

- Home bleaching is a relatively new bleaching procedure by which you, supervised by your dentist, can easily and effectively apply a bleaching solution to your teeth in a custom-made plastic frame to hold the bleach against your teeth.

Informed Consent

- Ingredients of this bleaching solution are carbamide peroxide, hydrogen peroxide, glycerin, and trace amounts of fluoride and flavorings. Do not begin treatment if you are allergic to any of these materials.
- Dentists have bleached teeth with hydrogen peroxide for about 100 years with no long-term adverse effects to teeth. Although preliminary results with home bleaching are encouraging, long-term effects, particularly on enamel, dentin, gums, cheeks, tongue and throat are not yet established.
- As with any procedure there are benefits and risks. The hoped for benefit is whiter teeth. The risks include, but are not limited to, hot and cold tooth sensitivity, a burning sensation in the gums, soft tissue ulcers, nausea, soreness in the teeth and changes in bite, jaw joint soreness or disorders from the appliance, sore throat from swallowing bleach and facial pain. These problems occur in less than 10% of patients treated. Discontinue treatment if any of these symptoms occur.
- Dental crowns and fillings do not lighten and may be more noticeable after treatment. In addition, these restorations can occasionally be damaged from bleaching and may need replacement.

Contraindications to Treatment

- Patients should not smoke or use other potential carcinogens during treatment. Bleaching materials may potentiate carcinogenic effects.
- Pregnant women or those expecting to be pregnant should not undergo treatment. Long-term effects bleaching materials on pregnancy have not been studied.
- Patients with root sensitivity may not wish treatment since sensitivity can be aggravated.

Expected Results

- While there is no guarantee of tooth whitening and the amount of lightening is unpredictable, most teeth lighten 1 to 2 shades on a dentist's shade guide.
- Average treatment time is 2 to 6 weeks but some results may be seen in 5 days. More difficult cases require extended treatment times and may result in teeth looking chalky.
- Yellow and brown stains usually respond well, gray and blue stains usually improve less.
- In some patient stains relapse when treatment is discontinued.

- The exact duration of whitening varies among patients. With office bleaching whitening usually lasts from 6 months to a few years when some or all of the original tooth color reappears. Periodic retreatment is generally indicated with office bleaching and is expected with home bleaching.

Patient Instructions

- Place a few drops of bleaching solution on the inner wall of the bleaching appliance by the teeth to be whitened. With both hands, carefully place the filled appliance in the mouth. Expectorate excess solution. Swallowing bleach, although not harmful, can result in throat irritation. Wear for 1½ hours or overnight.
- Fluoride may be applied to the teeth every day before bedtime. Some patients say this reduces sensitivity.
- Do not wear the appliance while eating.
- Discontinue bleaching if the gums or bite become uncomfortable. See your dentist immediately for correction.
- Discontinue treatment if any discomfort or problems occur.

I have read the above information and my questions and concerns have been answered and explained to me. I agree to return for examination during treatment as recommended by my dentist. I also agree to return for periodic oral examinations after treatment is completed. I have received a copy of this information and instruction sheet. I understand the directions and the risks, and I consent to treatment. I also consent to photographs being taken. I understand they will be used for documentation, treatment study, and/or for educational purposes.

Patient (or Guardian) Signature

Date

Notes and Special Instructions: