

# Informed Consent for Teeth Whitening



\_\_\_\_\_ I understand that teeth whitening is a procedure designed to lighten the color of my teeth. The whitening treatment involves using gel to produce maximum whitening results in the shortest possible time.

\_\_\_\_\_ I understand that teeth whitening treatment results may vary.

\_\_\_\_\_ I understand that almost all natural teeth can be lightened from in-office whitening treatment.

\_\_\_\_\_ I understand that teeth whitening treatments are not intended to lighten the following types of teeth:

- Artificial teeth
- Caps
- Crowns
- Veneers
- Porcelain
- Composite
- Other restorative materials

\_\_\_\_\_ I understand that teeth with the following may not lighten and are usually best treated with other non-bleaching alternatives.

- Multiple fillings
- Cavities
- Chips
- Cracks

\_\_\_\_\_ I understand that teeth with the following may not whiten as well and may need multiple treatments or may not whiten at all.

- Multiple colorations
- Bands
- Splotches
- Spots due to tetracycline use
- Fluorosis

\_\_\_\_\_ I understand that the results of my whitening are not guaranteed and results vary.

\_\_\_\_\_ I understand that although my technician has been trained in the proper use of the in-office whitening system, the treatment is not without risk. I understand that some of the potential complications of this treatment include, but are not limited to:

- Slight tingling
- Tooth Sensitivity
- Minor discomfort
- Toothache

\_\_\_\_\_ I understand that while some tooth sensitivity is normal and should only last for a few days, the following may make my teeth more sensitive after the treatment and may make the sensitivity last longer:

- Existing sensitivity
- Tooth recession
- Exposed dentin
- Exposed root surfaces
- Severely worn teeth
- Damaged or missing enamel
- Cracked teeth
- Cavities
- Leaking fillings

\_\_\_\_\_ I understand that this procedure should not be administered on me if I am pregnant, nursing, have not seen a dentist in two years, have unfilled holes in my teeth, have a temporary crown, or have untreated gum disease.

\_\_\_\_\_ I understand that it is natural for teeth that underwent the whitening treatment to regress somewhat in their shading posttreatment. I understand that this is natural and should be very gradual but it can be accelerated by exposing the teeth to various staining agents such as dark-colored liquids (coffee, tea, dark soda), all tobacco products, mustard or ketchup, red wine, soy sauce, berries, berry pie, and red sauces like tomato sauce.

\_\_\_\_\_ I understand that the results of the whitening treatment are not intended to be permanent.

\_\_\_\_\_ I understand that repeat or take-home treatments may be needed further to maintain the 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 24 hours after treatment. These substances include dark-colored liquids (coffee, tea, dark soda), all tobacco products, mustard or ketchup, red wine, soy sauce, berries, berry pie, and red sauces like tomato sauce.

I have voluntarily elected to undergo this treatment/procedure after the nature and purpose of this treatment has been explained to me. I understand and acknowledge that there are risks involved with the treatment I will be receiving. Although it is impossible to list every potential risk and complication, I have been informed of possible benefits, risks, and complications, and I have had the opportunity to ask questions regarding these risks and other possible complications.

\_\_\_\_\_  
Name Printed

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

By signing this release, I hereby waive and release Bee Luxe Med Spa from any and all liability, past, present, and future relating to bodywork.

# Teeth Whitening Aftercare Information



In order to retain the effects of your teeth whitening treatment, please avoid eating or drinking any stain-causing foods or beverages such as coffee, tea, dark soda, red wine, or dark fruit juices for at least 24 hours.

If you need to drink these beverages within the first 24 hours, use a straw to avoid a lengthy contact time with your teeth.

If you are experiencing any discomfort or tooth sensitivity, we recommend that you use Sensodyne™ toothpaste. You could also use over-the-counter painkillers such as acetaminophen or ibuprofen, if you can take those products safely.

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# Teeth Whitening FAQs



## **How long does the teeth whitening process take from start to finish?**

The in-office teeth whitening treatment process takes a minimum of about a half-hour from start to finish to do a single treatment, and about 50 minutes total time to do a double teeth whitening session.

With the take-home products, daily teeth whitening treatments are either a half-hour or one hour, depending on which type of kit was purchased. Then, the time to complete the teeth whitening regimen is from 5-10 days total, depending on the starting shade of the teeth and on your desired ending level of whiteness.

## **What will I experience during this procedure?**

You may feel a slight tingling, or bubbling against your teeth for the first few minutes. This is normal and is the sign that the gel is producing the oxygen that does the work of bleaching.

## **How long will my teeth stay white?**

One to two years is possible and depends greatly on your lifestyle and habits. If you drink a lot of coffee, tea, dark soda, or red wine, or especially if you smoke, the results will not last as long.

## **Is the procedure safe?**

Yes. Extensive clinical research and trials have shown that cosmetic teeth whitening is safe. Many dentists and dental researchers consider this process to be the safest dental or cosmetic procedure available. It is recommended that no one under the age of 18 years, nor any women that are pregnant or breastfeeding, have this procedure done.

## **Which starting teeth shades respond best to teeth whitening?**

In general, if your teeth are stained yellow it will be easier to whiten them. Gray teeth are harder to whiten and don't respond as well as yellow-stained teeth.

## **What kind of results can I expect from the process?**

Everyone's teeth are different, thus, results will vary. That being said, most people will experience a difference of 2-4 shades whiter with a 15-minute treatment, and 5-8 shades difference with a double (two back-to-back 15-minute regimens) treatment session.