

## What you can expect from whitening treatment

1. Whitening treatments lighten discolorations caused by coffee, tea, red wine, cigarettes, medication, or aging.
2. Whitening treatment may not lighten stains due to tetracycline, excessive fluoride as well as other medications.
3. We offer two types of whitening treatment: 1) at home treatment, 2) in office treatment and 3) a combination of both in office and at home. Both treatments offer the same level of whitening potential. For patients that want immediate results, the in-house treatment is preferred. For patients that want to personally control the level the whitening, the at home treatment is recommended. Some patients opt for a combination of both types of treatment.
4. Teeth are naturally darker along the gumline. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
5. Tooth whitening is safe for your teeth, safe for your dental work and safe for your gums.
6. A small percentage of patients experience mild to moderate tooth or gum sensitivity. Should this occur, contact the office. It may be recommended that you bleach every second or third day.
7. Some patients have noticed temporary discomfort of the gums, lips, throat or tongue. Should any of these symptoms persist more than two days or progressively worsen, call the office. These side effects will usually subside within 1-3 days after treatment is discontinued.
8. Coffee, tobacco, colas, red wine, and other products can re-stain your teeth over time. If this occurs, you can re-whiten your teeth with additional treatments with the trays and whitening gel.
9. Foods and juices high in citric acid can cause sensitivity to the teeth.
10. Whitening procedures are not meant to last a lifetime. Periodic whitening treatments may be required to maintain the level of whiteness you desire. You can purchase additional whitening gel at our office if required. Please store your custom fitted trays for reuse for maintenance treatments.
11. For at home whitening, you will need one appointment to make impressions of your teeth. You will need a short second appointment approximately one week later to pick up your custom fitted trays as well as to review patient instructions.
12. With the at home whitening kit, you can control the level of whiteness according to your own personal preference. Please be aware that your teeth may appear whiter immediately following removal of the trays than they do just a few hours later. This is normal.
13. After removing the cap from the whitening gel, express the contents evenly into the deepest portion of the tray and toward the facial side of the tray. Use between one half and three quarters of the syringe per treatment.
14. Seat the tray with the gel over your teeth. Gently remove excess gel that may have flowed beyond the tray's edges. Rinse your mouth twice, using care not to swallow.

15. Wear the trays for between 1 and 3 hours each treatment. Remove the trays and clean the gel from the trays.
16. The trays should be removed before eating and/or drinking liquids. DO NOT smoke while wearing the trays in your mouth.
17. Do not use whitening gels while you are pregnant, may be pregnant, or lactating.
18. Do not expose the syringes of whitening gels to heat and/or sunlight. Do not freeze the syringes.
19. Some old “silver” fillings may leave a dark purple color oin your trays; this is normal.
20. In office whitening requires 1 one hour appointment. During this appointment, molds of your teeth are made. The hygienist or dental assistant will apply a concentrated peroxide gel spread onto your teeth. For the next hour, you sit in a dental chair, while a special light (usually argon) is shined onto the paste which chemically reacts with the peroxide to complete the bleaching process in as short a time period as possible.
21. Immediately after bleaching, enhance the effect by using an oxygenating oral rinse. Make sure not to use a mouthwash with alcohol as this can actually chemically curtail the bleaching effect.
22. Regular dental checkups and cleanings are important before and after whitening to maintain a healthy smile.

I have reviewed this document with the patient.

I have received and read this document.

---

Dental Professional’s signature

---

Patient’s signature

---

Print Name

---

Print Name

---

Date

---

Date