

# INFORMED CONSENT DISCUSSION FOR TOOTH WHITENING (BLEACHING)

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Facts for Consideration

*Patient initials  
required*

\_\_\_\_\_ I understand yellow and brown stains usually lighten better than gray or blue stains. Some stains return after treatment is discontinued. Retreatment may be required. Teeth with multiple colorations, bands, or spots due to tetracycline use or fluorosis (discoloration of tooth enamel) do not whiten well and may need multiple treatments or may not whiten at all.

\_\_\_\_\_ I understand that teeth with many fillings may not lighten and are usually best treated with other non-whitening alternatives.

\_\_\_\_\_ I understand that whitening treatments only lighten the natural tooth structure and cannot lighten crowns, veneers, composite, or other restorative materials.

\_\_\_\_\_ I understand professional in-office whitening may require more than one office visit. Most whitening treatments will result in teeth lightening one-to-two shades on a dental shade guide.

\_\_\_\_\_ If I choose to participate in an at-home whitening program, I understand there are specific instructions that I must follow. Dr. \_\_\_\_\_ has given these instructions to me, and I understand my responsibility when using these products.

## Benefits of Whitening, Not Limited to the Following:

\_\_\_\_\_ I understand that participating in whitening treatments can whiten my teeth, giving me a healthier-appearing smile.

## Risks of Whitening, Not Limited to the Following:

\_\_\_\_\_ I understand tooth whitening is unpredictable and there are no guarantees that tooth whitening will work.

\_\_\_\_\_ I understand tooth whitening may cause teeth to become sensitive. Should sensitivity occur and persist for any length of time, I will notify Dr. \_\_\_\_\_.

\_\_\_\_\_ I understand that the gums and/or soft tissue in my mouth may be exposed to the various agents used in whitening procedures which may cause an allergic response or inflammation. This could also be due to an inadvertent exposure of a small area of those tissues to the whitening gel or ultraviolet light. If this happens, I will contact Dr. \_\_\_\_\_.

\_\_\_\_\_ I understand it is impossible to place a specific time frame on how long the lightened appearance of whitened teeth will maintain the lightened shade. These time periods may vary depending on conditions that exist from my habits and circumstance (For example, daily coffee drinking, smoking, or genetics) which may be internal, external, or both.

\_\_\_\_\_ I understand that prolonged exposure to whitening products can wear away tooth enamel. Additionally, any existing sensitivity, recession, exposed dentin, or other dental conditions that cause sensitivity or allow penetration of the whitening product into the tooth may require additional treatment.

\_\_\_\_\_ I understand that professional application of whitening products can result in my mouth being open for extended periods of time. If my jaw becomes sore, I will notify Dr. \_\_\_\_\_ immediately. Also, my lips may become dry or chapped. This can be treated by application of lip balm, petroleum jelly, or vitamin E cream.

**Consequences if no Treatment is Administered, Are Not Limited to the Following:**

\_\_\_\_\_ I understand if I do not participate in whitening procedures, my tooth color will remain the same or continue to discolor further.

**Alternatives to Tooth Whitening, Are Not Limited to the Following:**

\_\_\_\_\_ I understand that depending on the reason I have my teeth whitened, alternatives may exist including, but not limited to, bonding, crowns, and veneers. I have asked my dentist about them and their respective expenses. My questions have been answered to my satisfaction regarding the procedures and their risks, benefits, and costs.

**Alternatives discussed:** \_\_\_\_\_

No guarantee or assurance has been given to me by anyone that the proposed treatment will cure or improve the conditions(s) listed above. I have had my questions answered to my satisfaction.

- I have been given the opportunity to ask questions and give my consent for the proposed treatment as described above.
- I refuse to give my consent for the proposed treatment(s) as described above and understand the potential consequences associated with this refusal.

\_\_\_\_\_  
Patient's Signature (or Patient's Representative)

\_\_\_\_\_  
Date

I attest that I have discussed the risks, benefits, consequences, and alternatives of whitening with \_\_\_\_\_ (patient's name), who has had the opportunity to ask questions, and I believe my patient understands what has been explained.

\_\_\_\_\_  
Dentist's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness' Signature

\_\_\_\_\_  
Date