

PATIENT CONSENT - PROFESSIONAL WHITENING

At your Tend Dental practice, we strive to achieve the best results for you. Professional teeth whitening in general is extremely safe, but no procedure is without limitations and risks, and results cannot be guaranteed. Significant whitening can be achieved in many cases, but there is no definitive way to predict just how light your teeth will get. People with yellow or yellow/brown teeth tend to whiten better and faster than people with gray or gray/brown teeth. Teeth discolored by antibiotics, decalcification (white spots), root canal therapy, or trauma do not always respond as quickly or predictably, and often require additional treatment. The level of whitening varies with each individual.

Teeth Whitening has some risks and limitations. Including but not limited to:

1. Tooth sensitivity: This is the most common complaint associated with tooth whitening. Sensitivity varies with each person, and is unpredictable in both its intensity and duration. We use every technique we can to minimize the occurrence of tooth sensitivity, but current technology has not managed to completely eliminate this problem. We will give you a special toothpaste to use, beginning one week prior to, during, and one week after the whitening procedure. If you are whitening at home, you should continue to use this until you have completed the treatment. You will brush, swish the toothpaste around your mouth for two minutes, and then not eat or drink for at least 30 minutes. Please let us know if you experience any discomfort during your treatment. If your teeth become or stay sensitive following treatment, acetaminophen (Tylenol) and/or ibuprofen (Advil, Motrin) will usually be effective in helping you feel more comfortable. This sensitivity generally goes away within 1-3 days. If it persists for more than 3 days, please contact our office. In rare cases, people may experience significant discomfort following a tooth whitening procedure. This is only temporary, but may be quite alarming. Please don't worry, your teeth are not being damaged, and it will go away quickly.

2. Gum and soft tissue irritation: Temporary irritation of the gums and other soft tissues of the mouth can occur during treatment. This is generally the result of the whitening gel coming in contact with these tissues. We employ a variety of techniques to avoid this, but despite our efforts, it can still occur. Usually, this will go away within 1-2 hours following application of the gel. The application of Vitamin



E gel can be very helpful in resolving this. Please let us know if you have any symptoms lasting more than 48 hours.

3. Fillings and other dental restorations: Tooth colored fillings (composites), composite veneer/bonding, porcelain crowns, and/or porcelain veneers will not whiten at all. We may be able to remove certain stains (tobacco) from the surface of the restoration, but it is unlikely that the shades of your crowns and your existing restorations will match perfectly.

- Teeth whitening should not be used during pregnancy or while nursing.
- Keep all tubes of gel out of the reach of children.
- We recommend to keep unused tubes in your refrigerator as this will prolong shelf life. Always allow the gel to reach room temperature prior to using.
- Please take time to read all written instructions, and listen carefully to all oral instructions. You are welcome and encouraged to ask us any questions you may have.
- Communications: It is very important to us that you understand all of your instructions. If you have any questions, please ask us. We are here to make sure you have the very best experience possible.

It is common for the shade of your teeth to relapse slightly over the first week. This is due to the reformation of the saliva coating. Please remember that if you continue to smoke, drink coffee or tea, or any other food capable of staining your teeth, that the shade may eventually darken again.

The most important thing you can do in order for your teeth to retain their new look is to make sure you follow a regular schedule of preventive maintenance with your dentist at your Tend Dental practice .

I certify that I have thoroughly read and understand the information on with Professional Tooth Whitening Consent form. I have had the opportunity to investigate the Teeth Whitening system and I have had all my questions answered to my satisfaction. With this understanding, I authorize my Tend Dental practice to perform the Teeth Whitening procedure on me.

I agree to be responsible for payment of all services rendered on my behalf and on behalf of my dependents.