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Bleaching Consent And Information Sheet

All forms of health treatment, including tooth whitening, have some risks and limitations. Complications that occur in professional tooth whitening are infrequent and usually minor. Studies indicate that professional tooth whitening is the safest esthetic dental procedure available. Please read the following information. If you have any questions, please ask us before signing this consent form.

1. **Tooth sensitivity.** During the bleaching process, many patients experience tooth sensitivity. This sensitivity is usually mild if your teeth are not normally sensitive. With power bleaching, this sensitivity will usually subside in 1-2 days. However, if your teeth are normally sensitive, please tell us before starting treatment.
2. **Gums and Soft Tissue Irritation.** Temporary inflammation of your gums or any oral soft tissue may occur. With power bleaching, this is a minor problem and will resolve by itself in a few days.
3. **Exposed Root Surfaces.** These areas may be sensitive or become sensitive during bleaching. Therefore, be certain to make the dentist aware immediately of any sensitivity.
4. **Fillings, Dental Restorations.** Tooth colored restorations may not lighten evenly with your teeth.
5. **Patient Cooperation.** This may be the single most important factor affecting treatment. Lack of cooperation may adversely affect the quality of the results. We recommend you do not use any tobacco products, or eat any chocolate, picante sauce (or any tomato based product), coffee, cola, tea, red wine, blueberries, strawberries, beets or anything that will stain clothes.

Completion of Treatment

1. **Level of Lightening.** Although the success rate is very high, there is no totally reliable way to predict how your teeth will lighten. Discuss this prior to signing this consent form. We cannot guarantee outcome, but we are partners with you and will work diligently to arrive at acceptable levels of whiteness.
2. **Relapse.** Following completion of bleaching, there may be a very gradual tendency of your teeth to return to a darker color. This depends on oral habits such as smoking, tea and coffee usage, and eating certain staining foods. To prevent this restaining from occurring at all, you may choose to simply use a little gel once a month, or after your routine cleanings.

Signature_____ Date_____