

Tooth Whitening Consent

- Brush teeth and rinse out.
- Check splint is clean.
- Inject no more than a grain of rice sized amount of bleaching gel into each tooth splint (upper and lower). The gel should be placed to the front surface of the teeth.
- Push front surface gently against your teeth to check it is in contact.
- Check for any excess gel coming out under the edge of the splint.
- Remove any excess with your toothbrush or finger (and remember to apply a little less next time).
- Wear for the prescribed time (this is based on the % of gel prescribed and is detailed in this consent).
- On removal, remove any excess gel from your teeth with a toothbrush soaked in water. Do not vigorously brush with toothpaste immediately.
- Clean splint with a wet toothbrush to remove remaining gel.

Two weeks bleaching of seven times per week is a good regime to follow. Avoid any foods or drinks that may cause teeth to stain such as tea, coffee, red wine, and curry.

You can expect some mild sensitivity to cold. If this becomes unpleasant then take a break from the bleaching for a couple of days, then continue. You can further reduce the sensitivity by using a fluoride gel in the splint or desensitising toothpaste (such as Sensodyne or Colgate Sensitive)

Contact the practice if you have any concerns on 0117 968 1924

I consent to teeth bleaching as explained to me by Dr.....

I understand that the instructions must be followed, that tooth sensitivity may occur, and the level of whitening is unpredictable.

I understand that any white fillings/crowns that I have will not change colour and may well need replacing to match the whiter teeth.

Name..... Sign..... Date.....

Whitening Care Instructions

Additional ways to maintain your sparkling smile:

- Avoid staining related products such as black coffee, curry, and tomato-based foods.
- Use an electric toothbrush and clean interdentally with floss or tepe brushes.
- Aim to attend for regular professional hygienist appointments to maintain good oral health and prevent staining.

Tooth Whitening Instructions

Step 1:

Place a grain sized amount of gel into the front surface of each tooth reservoir.

Step 2:

Seat trays over your teeth and gently press into place.

Step 3:

Gently wipe off any excess gel around the gumline of the trays with a toothbrush or cotton bud. If you are using the correct amount of gel, there should be little or no excess.

Step 4:

The trays and whitening gel should be worn for the recommended wear time. This will depend on the strength of gel you have been prescribed, so please follow your dentists' instructions.

6% White Dental Beauty = Maximum 90 minutes wear time.

10% White Dental Beauty = Active for 4 hours wear time and can be worn overnight.

16% White Dental Beauty = Maximum 2 hours wear time.

Step 5:

After the recommended wear time, remove the trays and clean thoroughly using just cold water and a toothbrush (it is important to not use hot water as this can distort the trays). Any leftover gel can be wiped clean with a cotton bud.

Step 6:

The full course of whitening should take around 2 weeks if whitening is carried out daily, if you are someone who suffers from sensitivity then the wear time can be reduced to every other day, to leave a short break in between. A sensitive toothpaste can also be used to help with any sensitivity.

Step 7:

Enjoy your new whiter smile! If you require a top up in the future, we stock individual whitening syringes at the practice, ask your dentist at your next visit, or call our friendly reception team ☺