



Board of Denturists  
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## Denturist Informed Consent Form For patient receiving custom teeth-whitening trays

A copy of this form must be provided to the patient or legal guardian if the patient is under 18 years of age.

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Patient Name (please print clearly)

Date of Service

Informed consent is both a process and a document. Neither can stand alone as informed consent. The informed consent process must include a verbal review and the procedures, alternatives, and risks of teeth-whitening trays and solutions, as set out below, as well as an opportunity for the patient to ask the dentist any questions about the procedure. The informed consent form must be completed and signed by you, the patient, or by a parent or legal guardian.

### General Information

Teeth-whitening is designed to lighten the color of your teeth. Significant lightening can be achieved in the vast majority of cases, but the results can't be guaranteed. When done properly, the whitening won't harm your teeth or gums. However, like any other treatment, it has some inherent risks and limitations. Dark yellow or yellow-brown teeth tend to whiten better than teeth with gray or bluish-gray color. Multi-colored teeth, especially if stained by tetracycline, don't whiten very well. Teeth with many fillings, cavities, chips, etc., are usually best treated by bonding, porcelain veneers or porcelain crowns.

### Procedure

Custom tooth-whitening trays involve wearing a custom-made bleaching tray filled with a mild teeth-whitening solution. Custom-made whitening trays are made by licensed professionals, including denturists, and are molded especially for the individual's mouth, keeping teeth-whitening solutions in close contact with the tooth's surface. This enhances the whitening effect and increases safety by minimizing the amount of peroxide that contacts the gums or is swallowed.

Teeth-whitening solutions, sold by licensed professionals and available over the counter, use a form of peroxide (hydrogen and carbamide are the most common) of varying strengths to oxidize or eat away at the tooth's color particles to brighten teeth. The amount of peroxide in store-bought kits ranges from three percent to ten percent. In professional-grade whiteners (available from a dentist), it runs as high as 40 percent.

### Alternatives

#### 1. In-Office Whitening Provided by a Dentist

In-office bleaching performed by a dentist provides the quickest way to whiten teeth. The whitening product is applied directly to the teeth. These products can be used in combination with heat, a special light, and/or laser. Results are generally noticeable in one 30- to 60- minute treatment. To achieve dramatic results, several appointments may be needed.

#### 2. Over-the-Counter Whitening Strips and Gels

Whitening gels are clear, peroxide-based gels applied with a small brush directly to the surface of your teeth. Instructions generally call for twice-a-day application for 14 days. Initial results are seen in a few days and final results are sustained for about four months. Whitening strips are very thin, virtually invisible strips that are coated with a peroxide-based whitening gel. The strips are applied twice daily for 30 minutes for 14 days. Initial results are seen in a few days and final results are sustained for about four months.

#### 3. Do Nothing

Teeth whitening is an esthetic procedure and a patient's choice.

## Risks

- **Ingredients**

Some people have adverse reactions to the active ingredients in teeth-whitening products. While some people can use these products without suffering any obvious side effects, others will get affected because of their sensitivity to these ingredients. Depending on a person's sensitivities to these ingredients and the measure or amount of teeth-whitening products used, they can suffer gum and lip burns or permanent damage to the teeth where the teeth will become permanently sensitive to the ingredients in the product and similar ones.

- **Tooth Sensitivity**

Mild and temporary tooth sensitivity can occur with many teeth-whitening products, including inflammation or sensitivity. During the first 24 hours following whitening, some patients experience transient sensitivity. This sensitivity is usually mild if your teeth aren't normally sensitive. This sensitivity will usually subside in one or two days. With custom tooth-whitening trays, it may be necessary for you to reduce the number of hours you're wearing the bleaching tray or to stop using it for a short time to resolve the sensitivity. However, if your teeth are normally sensitive, whitening may make your teeth more sensitive for an extended period. If your teeth are sensitive after whitening, a mild analgesic will usually be effective in making you more comfortable until your teeth return to normal.

- **Gum Irritation**

If the trays don't fit well, they can irritate the gums. If you notice that effect, it's also wise to stop the teeth-whitening product. This could be the result of a small amount of solution leaking under the dental dam. A burning sensation on your gums may also occur. This may resolve itself in a few hours or a couple of days. With custom tooth-whitening trays, irritation can result from using the tray for too many hours when you first start whitening. It may be necessary for you to reduce the number of hours you wear the tray or to stop using it for a short time to resolve these gum problems.

- **Effect on Fillings and Crowns**

Be aware that tooth-colored fillings or crowns won't whiten. If the filling or crown matches your current color, bleaching will result in mismatched shades with your natural teeth. You may need to have your filling or crown replaced so it will match your newly whitened teeth.

## Responsibilities

### Communication:

If you experience any severe discomfort with the fit of your teeth-whitening tray, contact your licensed dentist. If you experience problems with the teeth-whitening solutions, contact a medical professional, as this is outside the scope of practice for a licensed dentist.

**This section is to be completed by the patient and the dentist.  
Please print clearly.**

**Questions:**

This is your opportunity to ask any questions you may have about the procedure for having a custom-made bleaching tray made, including questions about the procedure, alternatives and the possible risks.

Question 1:
Answer 1:
Question 2:
Answer 2:
Question 3:
Answer 3:

I have been fully informed of the risks of teeth whitening, including but not limited to tooth sensitivity, gum irritation and use of teeth-whitening gels. Having been informed of the potential risks associated with teeth whitening, I still wish to proceed with having a custom-made bleaching tray made and I assume any and all risks that may arise from the service.

Copy of Informed Consent Document Provided:       Verbal       Written

\_\_\_\_\_  
Signature of Licensed Denturist

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Patient or Legal Guardian  
(if patient is under 18 years of age)

\_\_\_\_\_  
Date

The original signed consent form must be kept by the dentist as a part of the patient's record and retained for a minimum of six years in accordance with [WAC 246-812-320](#). A copy of the signed consent form must be given to the patient.