

# **A.C. Villarreal Family Dental**

1123 South 10<sup>th</sup>  
Edinburg, TX 78539  
(956) 318-3384

## **Informed Consent**

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### **Home Bleaching**

Home bleach ingredients are carbamide peroxide, hydrogen peroxide and glycerin. These solutions have been in use in dentistry for many years, however, they have only recently been used for bleaching. The FDA has approved the use of peroxide solutions for oral antiseptics, but not as bleaching materials. Some risks involved with treatment include, but are not limited to:

#### **Hot and Cold Sensitivity**

A burning sensation in the tissues, soft tissue ulcers  
Nausea  
Jaw joint disorders from the appliance  
Sore throat from swallowing solution

#### **Some dental restorations can be damaged from the bleach and may need to be replaced.**

Contraindications: Patients with root sensitivity may find the problem aggravated. Persons with allergies to carbamide peroxide, hydrogen peroxide, and glycerin should not undergo treatment. Pregnant women should not undergo treatment.

#### **Expected Results**

As tooth lightening is unpredictable, no guarantee of whitening is made. Most patients find that their teeth will lighten 1-2 shades on a dentist's shade guide.

Treatment time can vary-although most people see some results in about 5 days.

Treatment time is usually 2-6 weeks.

Yellow and brown stains usually lighten better than gray or blue stains. Some patient's stains relapse after treatment is discontinued. Tooth whitening effects may last indefinitely or some darkness may reappear. Periodic re-treatment is generally indicated.

#### **Instructions**

After thoroughly cleaning the teeth, place bleaching solution into the appliance as directed. Place the filled appliance in the mouth. Do not swallow the excess bleach.

Follow the directions given to you as to the maximum amount of time the appliance may be worn. \_\_\_\_\_ hours a day is recommended. Replenish solution every \_\_\_\_\_ hours. Be sure to clean the appliance thoroughly at least once a day. Do not wear your appliance while eating.

If gums or teeth become uncomfortable, discontinue treatment and contact this office.

I have read and understand the above information concerning home bleaching. I have been informed of the treatment, the fee (s), and any alternatives, and the benefits and risks involved. All of my questions have been answered to my satisfaction.

Patient

Signature \_\_\_\_\_ Date \_\_\_\_\_