

## **Patient Toothwhitening Information and Consent Form** **Important information**

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### **Patient Toothwhitening Information and Consent Form**

**Introduction:** This information is to give you a better understanding of Professional Toothwhitening, delivered by registered Dental professionals.

Your understanding and co-operation is necessary so that we can deliver the best results for you. On average, our Tooth Whitening results in natural teeth twice as light as your original starting shade, which most people are very pleased with. Over time, this whitening gradually reverses because of the different food and drinks that contain colour, from vegetables to dark drinks!

Thus Toothwhitening should be regarded as a temporary treatment and depending on several factors, you will need a repeat treatment in about 2 years or possibly sooner/later than this. Dr.Kilcoyne will discuss how you can maximize your whitening benefits, for a longer lasting, natural smile.

Some people want a really white or “Hollywood” smile, like the film Stars – this may require multiple Tooth Whitening treatments and even then may not be fully achieved without more invasive treatments, like Crowns or Veneers!

Other risks in decreasing likelihood are tooth sensitivity, damage to the gums and chemical lip burns or blisters, but with care these are rare.

**First Appointment:** If this visit is only for your Toothwhitening needs, we will still ask your Medical history, discuss with you exactly what it is you wish to improve about your smile, examine you for suitability for the Toothwhitening procedure and explain our findings. Whilst the majority of people are suitable for Tooth Whitening procedures, not everyone is – if this is the case, other possible options or treatments will be explained as needed. However this is not a comprehensive examination for other Dental problems and you should see your own regular Dentist for your routine Dental care.

If you are suitable and happy to proceed, then our Same-day Tooth Whitening treatment can follow your examination and after about 90 minutes, all treatment is complete – you just need to avoid any staining foods or liquids for 24 hours and you will be given a list of suitable, non-staining choices, such as water/milk, pasta, chicken, fish, cottage cheese, apple, banana etc.

**Effects of Tooth Whitening, Safety etc:** We follow recognized Toothwhitening procedures that have been proven to be safe, do not harm the teeth or enamel or affect the teeth any more than having a fizzy drink. The gums though do need protection and this is done with a painted –on barrier. Sometimes some temporary sensitivity is felt during and after treatment ends, but rarely lasts beyond 24 hours – this is the whitening gel still inside the tooth, but finishing-off it's remaining whitening action.

Tooth Whitening ONLY lightens natural living tooth, not dead, dark teeth or artificial materials such as fillings and crowns, which have a chemical colour embedded in them. Thus be aware that any existing restorations may look darker than the natural teeth that have been lightened with toothwhitening!

Often, as part of an overall treatment plan, if other work needs replacing or repairing, then in the majority of cases, one would do the toothwhitening first, then any additional work to match closer to the lighter colour gained. Further work can be done after 2 weeks, when the colour has stabilised.

**Legal Standing with Tooth Whitening:** Bizarrely, although all our materials are proven safe AND have been used in the USA and Worldwide longer-term, FDA approved etc, in the UK the law treats Professional

Toothwhitening differently. It seems because EU Cosmetic Directives now includes Clinical Tooth Whitening treatments, when it was thought as being covered under EU Medical Directives, it is illegal to supply any Hydrogen Peroxide stronger than 0.1% to the public – A good idea for bought Cosmetics placed near eyes, but for same day Toothwhitening our gels are (safely) many times the concentration of this tiny 0.1% amount !!! Thus most Patients who would clinically benefit from Professional Toothwhitening, could miss-out completely, keep darker teeth and feel miserable, or Whiten teeth by more invasive (and expensive) treatments like Crowns and Veneers that could be avoided by less destructive whitening.

UK Shops are also affected by this, which is why most of the “whitening” products sold in the UK perform so poorly compared to our Professionally-applied Tooth Whitening systems !

Fortunately common sense is prevailing and the UK Department of Health and the General Dental Council have stated that as long as treatment is being done “therapeutically” to help patients and is done in their best interests’, then such Dentist-applied Tooth Whitening is safe and acceptable to them. Here is a copy of the latest GDC statement on tooth whitening in the UK

**Title** Statement on tooth whitening  
**Press Release Date:** Wednesday, July 23, 2008

## **General Dental Council statement on tooth whitening**

### **The practice of dentistry**

The practice of dentistry is limited to GDC registrants. It is the Council's view that applying materials and carrying out procedures designed to improve the aesthetic appearance of teeth amounts to the practice of dentistry. So too does the giving of clinical advice about such procedures. Therefore all tooth whitening procedures, including bleach and laser treatment, are seen as the practice of dentistry by the General Dental Council. The carrying out of dentistry by non-registrants is a criminal offence and the Council will prosecute any persons undertaking this activity in appropriate cases.

### **Which GDC registrants can undertake tooth whitening?**

Until recently, it was the Council's position that only dentists could undertake tooth whitening. At the Council meeting in June 2008, it was decided that in addition to dentists being able to carry out tooth whitening, dental hygienists and dental therapists, on the prescription of a dentist, can carry out tooth whitening as an additional skill.

It has also been decided that dental nurses can, as an additional skill, take impressions and make bleaching trays to a dentist's prescription.

Any registrant who undertakes work for which they are not sufficiently competent risks fitness to practise proceedings which may affect their registration.

### **What are the ethical considerations?**

Ethical issues arise in treating patients, whatever the legal position. GDC registrants must:

- act in the best interests of the patient in providing a high standard of care;
- obtain consent for treatment, which they must be competent to carry out \*;
- obtain a medical history of the patient before starting treatment;
- give necessary explanations about benefits and risks.

These and similar issues can arise in connection with any dental treatment proposed or carried out, including treatment designed to improve the appearance such as tooth whitening. They apply whether the registrant personally delivers the treatment or gives advice to patients about the use of home kits. It is open to patients to complain to the GDC about these matters, as with any form of care or treatment.

Also here is the copy of the Secretary of State for Health's House of Commons reply to an MP's question made on 25<sup>th</sup> July 2007:

### **Dental Services**

**Sir Paul Beresford:** To ask the Secretary of State for Health whether his Department categorises teeth bleaching carried out by dentists as a health procedure. [152011]

**Ann Keen:** Yes, we share the view taken by the General Dental Council that all tooth whitening procedures, including bleach and laser treatment, constitute the practice of dentistry.

It is hoped that the EU legal system will revisit this new law soon and bring Toothwhitening laws in line with the majority of the rest of the World – but until then we feel you should be aware of this “strange” UK legal situation.

**The Actual Tooth Whitening Treatment:** For same-day Whitening, you will be lying in the Dental Chair for approximately 1.5 hours. For take-home Mouth-Tray options, you will be shown how to safely apply the whitening gels and given instructions to follow yourself.

Please note that if you have gum recession or worn teeth not covered by enamel, the exposed Dentine can sometimes be very sensitive, so do NOT overfill whitening trays with gel and brush away any excess gel after applying the trays. If you have any concerns, simply avoid gel on the sensitive tooth or let us know if you have any concerns at all for advice.

Before and after pictures will normally be taken, along with the shade.

**After Tooth Whitening – maintenance:** Your teeth will feel some sensitivity, on and off, 24 hours after completion – you may take your usual painkillers if needed. Whilst the average improvement is “twice as light”, you will also lose about 10% of the whitening gained, as your teeth re-hydrate and form a new saliva layer called the acquired pellicle. So for 24 hours one must avoid any staining foods or liquids, such as tea, coffee, tobacco, cola, curries, vegetables etc, having only white or clear products. Avoid any food or drink that would stain a white shirt or blouse!

We recommend reducing the consumption of staining foods and drinks AND rinsing out your mouth with water after tea/coffee/smoking etc.

Use a Whitening toothpaste that isn't abrasive, ideally 3 times a day and floss your teeth once a day too, for best, longest lasting whitening results. This will help your whitening results last for longer, but inevitably repeat Whitening treatments will still be needed by everyone in the future.

**I have read the above 4 pages, had my questions answered, understand and give consent for Tooth Whitening for my natural teeth.**

Signed:

Print name:

Date:

**I also consent to Photographic images for clinical/educational purposes.**

Signed:

Print name:

Date: