

## KöR Whitening Informed Consent

When utilized properly, teeth whitening procedures and products whiten teeth, to one degree or another, in nearly all cases, with some whitening systems being more effective than others. As with any type of dental treatment, specific results cannot be guaranteed. Scientific studies have shown that when used properly, professional teeth whitening products will not harm your teeth or gums, however, there are certain inherent risks and limitations. Most often the risks are not serious enough to prevent you from whitening your teeth.

Teeth whitening is not recommended for pregnant women, and nursing mothers should consult with their pediatrician before whitening.

Most people are candidates for whitening, but some teeth whiten more effectively than others. Teeth with opaque spots due to various causes may result in the spots becoming noticeably lighter than the surrounding tooth color. Opaque spots will whiten much faster than the rest of the teeth, however, if a highly effective technique such as a KöR Whitening Combination System (including both in-office and at-home whitening) is utilized, the surrounding tooth structure will usually whiten enough that these spots are not as readily noticeable to others.

Teeth with dark spots most often respond very well to a KöR Whitening Combination System, yet there is always the possibility that the dark spots will not whiten to exactly the same color as the surrounding tooth.

All natural teeth have a different shade/color when comparing the gumline area to the tip of the tooth (gumline areas are typically darker than the rest of the tooth). This is a natural appearance found on all natural teeth. After teeth whitening, a difference in color when comparing the gumline area of the tooth to the tips of the teeth will still be apparent. Regardless of the whitening system, there will always be some difference in color from the gumline to the tip of the teeth.

All patients have different cosmetic desires, expectations and requirements. Also, the resistance to whitening varies greatly from patient to patient, especially when considering cases such as tetracycline staining, fluorosis staining and other uniquely difficult cases. If upon completion of whitening, the teeth have not whitened to your full desire, if there are dark areas, opaque white spots, white lines, etc. that are more noticeable than you desire, additional cosmetic treatment may be an alternative at an additional charge.

Sensitivity of gums and/or teeth during whitening is common. Typically this sensitivity will last only a day or two after completion of whitening. You may be given products to reduce teeth sensitivity at home; however, even with the desensitizing products you may still experience some sensitivity.

It is important to understand that tooth-color fillings, bondings, porcelain veneers and porcelain crowns will not whiten like natural teeth and may need to be replaced after teeth whitening if the color discrepancy is noticeable.

Exceptionally whitening-resistant teeth, including but not limited to tetracycline stained or fluoride stained teeth, require longer treatment times than average cases, and in some cases require additional in-office whitening procedures. This is variable, and the time frame and

number of necessary in-office visits cannot be known with certainty prior to the beginning of treatment. If the time necessary and the number of in-office whitening sessions are more than anticipated, additional charges may apply.

In-Office Whitening – This method of teeth whitening (sometimes called Power Whitening) is performed in the dental office and typically takes a little longer than one hour. The advantage of this technique is that the results are achieved quickly, without need for wearing whitening trays at home. The disadvantage is that all types of one-visit, one-hour whitening are unpredictable, (regardless of the brand or products used) and the result has the potential to fade more quickly than other types of professional whitening treatments. Most commonly 2-4 in-office whitening visits are necessary to provide longer lasting results.

At-Home Whitening – This method of teeth whitening requires the wearing of custom made whitening trays at home, most often for two weeks, however additional weeks may be necessary in more whitening-resistant cases. The advantage of this system is that it is more predictable, more effective and the results are permanent when you follow the post-whitening directions and maintenance that will be recommended for you after your whitening is completed. The disadvantage is that whitening results are not immediate and most often require two or more weeks of at-home whitening.

Combination At-Home & In-Office Whitening – This method requires at-home whitening as seen above, plus an in-office whitening session immediately following the at-home whitening. One in-office whitening session is normally required; however, two or more in-office whitening sessions may be required for extremely difficult cases such as tetracycline staining of the teeth. The advantage of this whitening system is the most predictable, most effective and longest-lasting whitening result possible. The disadvantage is a slightly higher cost, and more time and effort on your part.

To achieve the greatest permanent whiteness of your teeth, at the end of your whitening treatment your dentist will supply you with a *KöR Whitening Maintenance Recommendations Form*. This form will detail the recommended type and amount of initial and long-term maintenance. It is important to follow these recommendations to maintain the whitest teeth permanently. By following these recommendations after the whitening procedure, most patients will still be able to consume a normal diet, including drinks like coffee, tea and cola, and still maintain whiter teeth indefinitely. If these instructions are not followed, the whiteness of the teeth will most often fade.

Regardless of the KöR Whitening system you select, the procedures will only be effective if you closely and correctly follow the instructions given and conscientiously wear your whitening trays at home as directed.

If you experience significant discomfort, allergic reaction such as swelling of the lips or any other problem that prevents you from wearing your whitening trays as directed, you must contact this office immediately.

**I have read and understand the above information, I have received written and verbal instructions, explanation from the dental office staff, and I have had the opportunity to ask questions. I consent to the planned teeth whitening procedure.**

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Patient's name (print)

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Parent/guardian's name (print)

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Patient or parent/guardian's signature

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Date

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Witness name (print & signature)

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Date