

Consent — Teeth Whitening

Lightening the colour of your teeth

This form explains what the treatment involves, the benefits, the risks and the alternatives, so you can make an informed decision. Please read it, ask us anything you are unsure about, and sign at the end if you are happy to go ahead.

What this treatment is

Whitening lightens the colour of your natural teeth. Significant lightening is possible in most cases, but results cannot be guaranteed. Done properly it does not harm teeth or gums, but like any treatment it has some limits and risks worth considering.

Who it suits best

- Dark-yellow or yellow-brown teeth tend to whiten better than grey or bluish-grey teeth.
- People with significant gum disease are not good candidates.
- Already-white teeth may not change much.
- Existing fillings, crowns, onlays and inlays cannot be whitened; heavily filled or chipped teeth are often better treated with bonding, veneers or crowns.

Your options

- **In-office whitening** — done here, in one or more visits (each about 1–2 hours). We do the work in less total time, but it can be less reliable and longer-lasting and cause more sensitivity than home whitening, and may cost more.
- **Take-home whitening** — custom trays you wear with a mild gel (from about 45 minutes a day up to overnight) for the number of weeks advised. Convenient and lower cost, but success depends on you wearing the trays consistently.

Risks and things that can happen

- **Sensitivity.** Usually mild and settles in 1–2 days. With home whitening you may need to reduce wear time or pause. If your teeth are normally sensitive, whitening may increase this for a while, and we may suggest desensitising first.
- **Gum irritation / burning.** From a little gel leaking onto the gum or lips; usually settles within hours to days. With home trays, do not overfill and reduce wear time if needed.
- **Fillings will not whiten.** A filling that currently matches may no longer match afterwards and might need replacing.
- **Result varies.** There is no fully reliable way to predict the final shade; some people need extra gel or sessions.

- **Relapse.** Food and drink pigments gradually re-stain teeth over time.
- **Safety.** Use the gels with care, keep them away from children, and use the eye protection provided.

Notes & customisation

Your consent

My consent. I have read and understood this information. I have had the chance to ask questions and have them answered. I understand what the treatment involves, its benefits and risks, the alternatives, and that I can refuse all or part of it at any time. I understand no guarantees have been made about the result. I agree to go ahead with this treatment, on the basis of this form together with what my dentist discusses and personalises with me on the visit, and the Home Visit Terms & Important Information that apply to all treatments.

Patient (or representative) name	Relationship to patient (if not the patient)
Patient / representative signature	Date
Dentist name	Dentist signature & date

Our **Home Visit Terms & Important Information** (which apply to all treatments) form part of this consent and are provided alongside it.