



Toorak Village

DENTAL CARE

SOLUTIONS THAT FIT

INFORMED CONSENT FOR ZOOM!® TEETH WHITENING TREATMENT

INTRODUCTION

This information has been provided so that you can make an informed decision about having your teeth whitened.

DESCRIPTION OF THE PROCEDURE

Zoom! In-office teeth whitening is a procedure designed to lighten the colour of teeth using a combination of a hydrogen peroxide gel and a specially designed ultraviolet lamp. The Zoom! treatment involves using the gel and lamp in conjunction to produce maximum whitening results in the shortest possible time. During the procedure, the whitening gel will be applied to the teeth and the teeth will be exposed to the light from the Zoom! lamp for three (3), 15-minute sessions. During the entire treatment, a plastic retractor will be placed in your mouth to help keep it open. The soft tissues of your mouth (i.e., lips, gums, cheeks and tongue) will be covered to ensure they are not exposed to either the gel or light. Lip balm (SPF rating: 30+) may also be applied as needed and an ultraviolet light filter will be provided for your eyes. After the treatment is completed, the retractor and all gel and tissue coverings will be removed from your mouth. Before and after the treatment, the shade of the upper-front teeth will be assessed and recorded.

ALTERNATIVE TREATMENTS

There are alternative treatments for whitening your teeth. These treatments include:

Whitening Toothpastes/Gels
Take-Home Whitening

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EXPECTATIONS

- Most natural teeth will respond to Zoom! In-house teeth whitening treatments and significant whitening can be achieved in most cases.
- The degree of whitening achieved is variable and unpredictable, but as a rule teeth with yellow or brown tonings whiten more than teeth with grey tonings. Some teeth do not bleach at all!
- Teeth with multiple coloured bands, blotches and spots due to tetracycline or fluorosis do not whiten as well – these are often best treated with non-bleaching alternatives eg. Porcelain veneers.
- Zoom! Teeth Whitening will have no effect on artificial teeth, crowns, veneers or any filling materials.
- Exposed dentine, the yellowish tooth material at the gum line and biting surfaces of some teeth will not whiten at all.
- There is a tendency for teeth to slowly darken again over time, more so on frequent exposure to pigmented foods and tobacco. This can be checked by either re-treating with Zoom! or by using the bleaching trays occasionally.
- Zoom! Teeth Whitening is **not** recommended for pregnant or lactating women, light sensitive individuals and children under 13 years of age.

COMPLICATIONS

Zoom! Teeth Whitening is safe but potential complications include but are not limited to:

Tooth Sensitivity: During the first 24 hours after Zoom! treatment, some patients can experience some tooth sensitivity. This is normal and is usually mild, but it can be worse in susceptible individuals. Normally, tooth sensitivity following a Zoom! treatment subsides within 24 hours, but in rare cases can persist for longer periods of time in susceptible individuals. People with existing sensitivity, recession, exposed dentine, exposed root surfaces, recently cracked teeth, abfractions (micro-cracks), open cavities, leaking fillings, or other dental conditions that allow penetration of the gel into the tooth may find that those conditions increase or prolong tooth sensitivity after Zoom! treatment.



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Gum/Lip/Cheek Inflammation: Whitening may cause inflammation of the gums, lips or cheek margins. This is due to exposure of a small area of those tissues to the whitening gel or the ultraviolet light. The inflammation is temporary and will subside in a few days.

Dry/Chapped Lips: The Zoom! treatment involves three, 15-minute sessions during which the mouth is kept open with a plastic retractor for the entire treatment. This can result in dryness or chapping of the lips or cheek margins, which can be treated by application of lip balm, petroleum jelly or Vitamin E cream.

Cavities or Leaking Fillings: Most dental whitening is indicated for the external surfaces of the teeth. If any open cavities or leaking fillings allow gel to penetrate the tooth pain can result. In these situations the teeth should be properly restored before undergoing the Zoom! treatment.

Cervical Abrasion/Erosion: These are conditions which affect the roots of the teeth when the gums recede. They are characterized by grooves, notches and/or depressions that appear darker than the rest of the teeth, where the teeth meet the gums. These areas appear darker because they lack the enamel that covers the rest of the teeth. Even if these areas are not already sensitive, they can allow the whitening gel to penetrate the teeth, causing transient sensitivity.

CONSENT

I have read and fully understand the possible risks, complications and benefits that can result from the Zoom! treatment and that I agree to undergo the treatment as described by my dental professional.

Patient/Guardian Printed Name

Signature

Date

Dental Professional Printed Name

Signature

Date

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