

Teeth Whitening Consent Form

Tooth whitening is a state of the art procedure designed to whiten the teeth to their optimum natural brightness. We are planning to use Carbamide Peroxide Gel [5%/20%]. The amount of whitening varies from patient to patient and cannot be predicted exactly. In general, yellow or brown teeth, teeth with extrinsic staining from tea, coffee or red wine, and darkened monochromatic teeth are easier to whiten.

TOOTH WHITENING AWARENESS:

- As with any treatment there are benefits and risks. The benefit is that teeth can be whitened fairly quickly in a simple manner. The risk involves the continued use of the gel for an extended period of time such as a few years. Research indicates that using peroxide to whiten teeth is safe. There is new research indicating the safety for use on the soft tissues (gingivae, cheek, tongue, throat). The long-term effects are as yet unknown. Although the extent of the risk is unknown, acceptance of treatment means acceptance of risk.
- Fillings and crowns do not change colour and therefore may need replacing afterwards.
- Most patients achieve a change within [6-7 days].
- Sensitivity may result after a few days. This is usually slight and temporary. If this should occur refrain from using the whitening treatment for 1 day or apply the soothing gel into the tray that you will be given.

RESPONSIBILITIES:

- Avoid tobacco, tea, coffee, red wine and teeth staining foods such as tomato paste, food colourants and deeply coloured toothpastes and mouthwashes for at least [45 minutes] after the whitening procedure.
- Proper oral hygiene must be maintained including brushing twice daily and the use of floss.
- Keep your recall appointments with your dentist.
- Do not use the whitening trays if you are pregnant. There have been no reports of adverse reactions, but long term clinical effects are unknown.
- Wear the tray overnight or for a minimum of [3 Hrs per day] (carbamide peroxide). If using hydrogen peroxide wear for a minimum of 30 minutes per day with a view to increasing it to a maximum of [30 minutes per day].

GUARANTEES:

- There are no guarantees to the degree of tooth whitening.
- The amount of teeth whitening depends on the individual and the reason for discolouration.
- Some teeth do not whiten evenly particularly around gum recession on the lower premolar tooth. The enamel whitens well but the dentine does not whiten as well.

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Teeth Whitening Consent Form Pola

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Table of Contents Teeth Whitening Consent Form Pola

1. Understanding the eBook Teeth Whitening Consent Form Pola
 - The Rise of Digital Reading Teeth Whitening Consent Form Pola
 - Advantages of eBooks Over Traditional Books
2. Identifying Teeth Whitening Consent Form Pola
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Teeth Whitening Consent Form Pola
 - User-Friendly Interface
4. Exploring eBook Recommendations from Teeth Whitening Consent Form Pola
 - Personalized Recommendations
 - Teeth Whitening Consent Form Pola User Reviews and Ratings
 - Teeth Whitening Consent Form Pola and Bestseller Lists
5. Accessing Teeth Whitening Consent Form Pola Free and Paid eBooks
 - Teeth Whitening Consent Form Pola Public Domain eBooks
 - Teeth Whitening Consent Form Pola eBook Subscription Services
 - Teeth Whitening Consent Form Pola Budget-Friendly Options

6. Navigating Teeth Whitening Consent Form Pola eBook Formats
 - ePub, PDF, MOBI, and More
 - Teeth Whitening Consent Form Pola Compatibility with Devices
 - Teeth Whitening Consent Form Pola Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Teeth Whitening Consent Form Pola
 - Highlighting and Note-Taking Teeth Whitening Consent Form Pola
 - Interactive Elements Teeth Whitening Consent Form Pola
8. Staying Engaged with Teeth Whitening Consent Form Pola
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Teeth Whitening Consent Form Pola
9. Balancing eBooks and Physical Books Teeth Whitening Consent Form Pola
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Teeth Whitening Consent Form Pola
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Teeth Whitening Consent Form Pola
 - Setting Reading Goals Teeth Whitening Consent Form Pola
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Teeth Whitening Consent Form Pola
 - Fact-Checking eBook Content of Teeth Whitening Consent Form Pola
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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