



SMILE CREATIONS

Anthony T. Nguyen, DDS
Maria T. Hoang, DDS

HOME BLEACHING INFORMATION AND INSTRUCTIONS

INTRODUCTION

Home bleaching is a relatively simple bleaching procedure by which you, supervised by your dentist, can easily and effectively apply a bleaching solution to your teeth in a custom-made plastic frame to hold the bleach against your teeth.

INFORMED CONSENT

- Ingredients of this bleaching solution are carbamide peroxide, hydrogen peroxide, glycerin, and trace amounts of fluoride and flavorings. Do not begin treatment if you are allergic to any of these materials.
- Although peroxide solutions have long been used as a mouth antiseptic, they have only recently been used for home bleaching with professional assistance. The FDA (Food and Drug Administration) has approved its use as an antiseptic but not as a home bleach.
- Dentists have bleached teeth with hydrogen peroxide for about 100 years with no long-term adverse effects to teeth. Although preliminary results with home bleaching are encouraging, Long-term effects, particularly on enamel, dentin, gums, cheeks, tongue, throat are not yet established.
- As with any procedure there are benefits and risks. The hoped for benefit is whiter teeth. The risks include, but are not limited to, occasional hot and cold teeth sensitivity, a burning sensation of the gums, soft tissue ulcers, nausea, soreness in the teeth and changes in bite, jaw joint soreness or disorders from the appliance, sore throat from swallowing bleach and facial pain. These problems occur in less than 10% of patients treated. Discontinue treatment if any of these symptoms occur.
- Dental crowns and fillings usually do not lighten and may be more noticeable after treatment. In addition, these restorations can occasionally be damaged from bleaching and may need to be replacement.

CONTRAINDICATIONS TO TREATMENT

- Patients should not smoke tobacco or use other potential carcinogens during treatment. Bleaching materials may potentiate carcinogenic effects.
- Pregnant women or those expecting to be pregnant should not undergo treatment. Long-term effects of bleaching materials on pregnancy have not been studied.
- Patients with root sensitivity may not wish treatment since sensitivity can be aggravated.