



LOGOS DENTISTRY  
GENERAL, FAMILY & COSMETIC DENTISTRY

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## ESTHETIC/COSMETIC WHITENING OF TEETH INFORMATION FORM

The primary concern of Logos Dentistry, PLLC is for your health and well being. Therefore, we want to provide you with information so that you can make informed decisions about the dental treatment that you are choosing to have.

We offer the **"In-Office"** and **"Take-Home"** whitening products for your convenience. Both of these products utilize **carbamide peroxide, hydrogen peroxide** and **glycerin** in various concentrations that carry out a 'whitening' process to lighten discolorations of tooth enamel by oxidizing stains. These solutions have been used in dentistry for many years and when used properly, will not cause damage or harm to your teeth and gums.

Our **"In-Office"** systems do **not** use the 'blue/laser' light. The procedure takes between 90-120 minutes and may sometimes require a 2<sup>nd</sup> appointment. The solutions used are at stronger concentrations than the in-home products, and so a "gum-barrier" must be placed to protect the gum tissue. Most patients find that their teeth may lighten 1-4 shades per treatment, and patients with yellow/yellowish-brown staining may sometimes achieve better whitening results than patients with gray/grayish-blue staining.

Our **"Take-Home"** kits achieve similar results as our in-office system. Most patients will see some results in about 5 days, with optimum results in 10-14 days. Because the solutions are of a lower concentration, treatment time may take between 2-5 weeks. We require 48 hours to make custom mouth appliances for the take-home kits.

Whitening teeth is unpredictable and no guarantee of whitening can be made. However, most patients will find that their teeth will lighten between 1-5 shades on a dentist's shade guide.

The following are some potential risks involved with treatment. PLEASE READ CAREFULLY:

1. Hot and cold sensitivity of teeth (usually mild and temporary) which will subside when treatment is discontinued.
2. Ulcers & 'cold sores' may appear on the gums and cheeks due to tissue irritation.
3. Possible damage to nerves of teeth with loose or leaking existing filling, or teeth with cavities – **ALL CAVITIES THAT WILL POTENTIALLY COME IN CONTACT WITH THE WHITENING SOLUTION MUST BE TREATED FIRST.**
4. Possible worsening of Periodontal (Gum) disease if whitening is done prior to stabilization of periodontal condition – **ALL ACTIVE PERIODONTAL PATIENTS MUST RECEIVE CLEARANCE FROM THE TREATING DENTIST OR HYGIENIST PRIOR TO WHITENING TREATMENT.**
5. Sore throat from swallowing some of the solution.
6. Possible damage to existing fillings that may require replacement after whitening.
7. Although there are no known adverse reactions of exposure to 1 or 2 syringes of whitening gel, we recommend that heavy smokers and pregnant women receive permission from their medical doctor prior to beginning whitening treatment.

To receive a copy of this information sheet, please request one from a Logos Dentistry team member.