

PATIENT INFORMATION & CONSENT FORM:

Philips Zoom WhiteSpeed Tooth Whitening

Zoom in-office tooth whitening is a procedure designed to lighten the colour of your teeth using a combination of 20% hydrogen peroxide gel and a specially designed visible LED lamp. The Zoom whitening procedure involves using the gel and lamp in conjunction with each other to produce maximum whitening results in the shortest possible time.

Some sensitivity is normal following the procedure and is discussed in further detail below. It will be necessary to avoid eating and drinking strong coloured foods/drinks (anything which would stain a white shirt) and NO smoking for up to 24 hours after the procedure until the colour of your teeth, post whitening, has stabilised.

DESCRIPTION OF THE PROCEDURE



Before and after the treatment, the shade/colour of the teeth will be assessed using the Vita Pan Classic shade guide and photographically recorded.



During the entire procedure, a plastic retractor will be placed in the mouth to help keep it open and the lips and tongue away from the teeth. Lip balm will also be applied as required. The soft tissues (i.e. lips, cheeks, gums and tongue) will be covered to ensure they are not exposed to either the whitening gel or the light.



During the procedure, the whitening gel will be applied to the teeth and the teeth will then be exposed to the light from the Zoom whitening lamp for three (3) or four (4) fifteen (15) minute sessions depending on the recommendation of my dentist/hygienist. Glasses with a visible LED light filter are worn during this time. After the treatment is completed, the retractor and all gel and tissue coverings will be removed from the mouth.

POTENTIAL SIDE EFFECTS AND CONSIDERATIONS:

Tooth Sensitivity:

During the first 48 hours after completion of the Zoom whitening treatment, some patients can experience tooth sensitivity or pain. This is normal, and can be worse in susceptible individuals. Ibuprofen, Paracetamol or Aspirin may be required to alleviate this discomfort.

Normally, tooth sensitivity or pain following a Zoom treatment subsides within 24 hours. People with existing sensitivity, recession exposing root surfaces, exposed dentine, untreated caries, cracked teeth, abfractions, open cavities, leaking fillings or other dental conditions that cause sensitivity or allow higher penetration of the gel into the tooth may find that those conditions increase or prolong tooth sensitivity or pain after Zoom treatment.

Gum/Lip/Cheek Inflammation

Whitening **may** cause inflammation of your gums, lips or cheek margins. This inflammation is temporary, on average persisting for 1-2 days. Your dentist/hygienist will usually be able to notice any inflammation directly after the end of the Zoom whitening procedure and will advise you of the appropriate action (application of vitamin E oil or cream to the affected area).

Limiting movement of facial muscles and talking during the Zoom Whitening procedure will significantly reduce the likelihood of post-operative inflammation.

Gum disease/Tartar:

Bleeding and unhealthy gums will prevent the protective barrier material applied to gum tissues during the procedure from 'sticking' increasing the likelihood of inflammation of your gums following the Zoom procedure. A professional scale and clean is recommended prior to proceeding with the Zoom whitening treatment to ensure the gum tissues are healthy and teeth not obscured by calculus deposits.

Dry/Chapped Lips

The Zoom treatment involves three (3) or four (4), 15 minute sessions during which time your mouth is kept open continuously for the entire treatment by a plastic retractor that covers the lips. This could result in dryness or chapping of the lips or cheek margins, which can be treated by application of lip balm, pawpaw ointment or Vitamin E.

Existing Restorations

Zoom whitening treatments are not designed to lighten artificial teeth, crowns, veneers, and porcelain or composite resin filling material.

Decay or Leaking Fillings

Most dental whitening is indicated for the outside of the teeth, except for patients who have already undergone a root canal procedure. If any open cavities or fillings that are leaking and allow gel to penetrate

the tooth are present, significant pain could result. It is recommended that decay or leaking fillings be addressed before undergoing Zoom treatment.

Cervical Abrasion/Erosion

These are conditions that affect the roots of the teeth and they are characterised by grooves, notches and/or depressions, which appear darker than the rest of the teeth. These areas appear darker because they lack the enamel that covers the rest of the teeth. Even if these areas are not currently sensitive, they can allow the whitening gel to penetrate the teeth, causing sensitivity. These areas will be covered prior to my Zoom treatment.

Colour Relapse

After the Zoom treatment, it is natural for the teeth that underwent the Zoom treatment to regress somewhat in their colour with time. This is natural and should be very gradual, but can be accelerated by exposing the teeth to staining agents such as tea, coffee, red wine and all tobacco products.

Treatment for relapse involves wearing take-home whitening trays, which are supplied as part of the Zoom whitening package.

Pregnancy and Medications

Zoom whitening is **NOT** recommended for pregnant or lactating women, light sensitive individuals, people receiving radiation or other chemotherapeutic drugs or treatments.

As the Zoom lamp emits a visible LED light people with a history of melanoma or taking any drugs that increase photosensitivity (e.g. antibiotics like tetracycline, acne medications like roaccutane, anti-malarials like doxycycline should consult with their physician before undergoing the procedure.

IMPORTANT INFORMATION

- Existing issues should be treated before undergoing a whitening procedure
- Results will vary or regress due to a variety of circumstances.
- Zoom whitening treatments are not intended to lighten crowns, veneers or porcelain, composite or other restorative materials, and that these types of restorations may need to be replaced to match my newly whitened teeth.
- People with darkly stained, yellow or yellow-brown teeth frequently achieve better results than people with grey or bluish-grey teeth.
- Teeth with multiple restorations, colourations, bands, splotches or spots due to fluorosis, tetracycline antibiotics or naturally light coloured teeth do not whiten as well, may need several treatments or may not whiten at all.
- Those with porcelain fused to metal crowns, amalgams, fixed lingual orthodontic bars/retainers, or implants may feel heat
- The Zoom Lamp emits visible LED light and all materials used in the isolation process, which properly used as directed, will block any exposures of soft tissues to this light.

- Zoom has been used for many years and is considered safe when completed by a trained dental professional. My dentist/hygienist at Medland Dental Centre has undergone specific training in the proper use of the Zoom whitening system.
- We do not recommend whitening treatments for pregnant or lactating women or patients under 16 years of age.

I, Sarah Kam, acknowledge that I have read the attached document **“Patient information & Consent Form: Philips Zoom WhiteSpeed Tooth Whitening”** and fully understand the entire document and the procedure involved. I understand the possible benefits, complications, risks and the maintenance involved with the Zoom treatment and I consent to the Zoom procedure. I also consent to the taking of photographs before, during and after the procedure.

Signature: _____

Date: _____