

Whitening Questions & Sensitivity Planner

Prepare for a dental discussion before choosing a whitening product.

Name: _____ Visit date: _____

1. My goals and experience

What I would like to improve:

Previous whitening product / treatment and how it felt:

2. Sensitivity and dental work to discuss

Sensitivity now: where, triggers, and how long it lasts:

☐ Crowns / implant crowns

☐ Fillings / veneers

☐ Bridge / dentures

☐ Receding gums / dry mouth

Other symptoms or dental concerns:

3. Questions for my dentist

☐ What is causing my discoloration and sensitivity?

☐ Would a professional cleaning meet my goal?

☐ Is whitening appropriate now, or should it wait?

☐ Could my dental work look mismatched afterward?

☐ Which option and directions are appropriate for me?

☐ What symptoms mean I should stop and contact you?

This planner organizes questions; it does not determine whether whitening is suitable.

Whitening Questions & Sensitivity Planner

Use this page only if you and your dental team decide to proceed.

4. My dental team’s recommendation

Recommended approach / exact product name:

Directions: amount, wear time, frequency, and total course:

Sensitivity advice / when to stop / follow-up instructions:

5. Product-use and symptom record

Record actual use. These rows are not a daily treatment schedule.
Follow the label and your dentist’s instructions; do not add sessions.

Date / time	Product / wear time	Sensitivity / gum irritation noticed	Action / dentist advice

6. Follow-up questions / appointment

Stop whitening and contact your dentist for significant or persistent sensitivity, lingering tooth pain, pain when biting, marked gum irritation, or swelling.

Do not increase wear time or combine whitening systems on your own.