

# **TEETH WHITENING** **PATIENT INSTRUCTIONS**

## **The Whitening Process:**

Begin by brushing and flossing teeth before whitening for maximum results. Twist the removable tip off of the syringe. Next, apply a small dot of gel into each tooth compartment in the tray. Seat the tray carefully over the teeth and gently press on the trays to allow the gel to spread over the entire front surface of the teeth. Remove excess gel with a dry toothbrush, tissue or your finger. Do not let the gel sit on your gums during whitening. This may cause gum sensitivity and can even bleach your gums white for about ten minutes. You will probably find that for the first few treatments you will have either too much gel or not enough. Do not try to add more or remove the trays if this happens. Continue with the bleaching process and remember to use more or less bleach next time, as needed. When whitening time is up, remove trays and gently brush excess gel out of the trays with cool water and a toothbrush. Brush any excess gel off your teeth and rinse thoroughly. Do not swallow the gel. Each whitening kit contains enough gel for approximately 6 treatments of upper and lower teeth. You will get two kits with your whitening treatment.

**Treatment times: 10% Bleach should be worn for 8 hours**

**20% Bleach should be worn for 2-4 hours**

**35% Bleach should be worn for 30 minutes**

Some patients experience temporary sensitivity to cold or biting and occasionally slight aching after treatment. Ibuprofen, Aspirin or Tylenol may be taken as needed. If more than mild discomfort occurs during treatment, remove the trays and brush the gel off your teeth. If sensitivity persists, skip a few days of bleaching. This will not affect the whitening process. If you find that you still have sensitivity or if sensitivity is moderate to severe, please call our office before continuing treatment.

If you wish, we will make an appointment to check your progress after about 1-2 weeks of treatment. Most patients treat their teeth between 7 and 14 times. Once you are satisfied with the shade achieved or if you feel that no additional whitening is occurring, you should stop treatment.

## **Updating previously whitened teeth:**

Some patients like to whiten their teeth for 1 to 2 treatments every 6 months to 1 year to re-brighten their smile. Save your trays and any leftover gel for this purpose. Gel should be kept in the refrigerator to maintain shelf life. You may purchase additional whitening gel for future maintenance, if needed.

## **Care and storage of trays and gel:**

Keep trays away from pets. You don't want them to become chew toys. Always use cool water and a soft toothbrush to clean trays. Hot water or heat from direct sunlight can distort the trays, causing them to no longer fit properly. Store them in the case provided in a cool, dry place. Keep the gel out of reach of children and store at room temperature.

**Important information if you are having a permanent restoration, such as porcelain crowns or white composite fillings: Unless specified by the Doctor, you must be finished with whitening before we can schedule an appointment for treatment.** We want these restorations to match your teeth perfectly and we want you to be satisfied with the treatment. When you have finished whitening, please call our office to schedule any restorative treatment needed, unless otherwise directed.

Please be aware that we will schedule your appointment for approximately two to three weeks after you have finished whitening to allow your new tooth color to stabilize. Please also be aware that existing restorations such as white fillings, porcelain crowns or veneers will not whiten with the bleaching process. If you have any of these restorations, once you have completed whitening they may not match your new shade of teeth. If you have any questions or concerns with your whitening results, please call the office to schedule an appointment.

Note: our whitening products are gluten-free.

