

WHITENING INSTRUCTIONS



Hydrogen peroxide has been used for many years to whiten teeth. This technique utilizes custom trays at home and is a simple, fast and effective method to whiten teeth. All patients will experience some degree of whitening on natural teeth, however, the amount of whitening is not predictable. Please follow instructions closely and call us with any concerns.

PATIENT INSTRUCTIONS

1. Only one arch will be treated at a time during your initial whitening experience.
2. Avoid drinking coffee, wine, tea and carbonated beverages while wearing the whitening tray and for 2 hours afterwards. Drinking these beverages regularly will darken your teeth much faster after whitening.
3. Brush with fluoride-containing toothpaste and floss your teeth before whitening. Rinse out your mouth well. Place a small amount of whitening gel into the front part of the tray for every tooth to be lightened. Use approximately 1/3 of the syringe for the entire tray.
4. Carefully insert the tray over your teeth and spit out any excess gel.
Option 1: Wear the tray for 1-2 hours. Studies show that the majority of the whitening activity will occur during the first two hours of each application.
Option 2: Wear the tray while sleeping. Some patients feel that this is more convenient and also achieves slightly more whitening than with the 2-hour application. This option may cause more sensitivity.
Note: Your teeth may feel like they fit together somewhat unusually after the tray is removed in the morning. Your bite will start to feel normal again after a couple of hours.
5. Rinse and brush the tray after each use. Tip it upside down to allow complete drying before the next use.
6. Discontinue bleaching if tooth sensitivity, gum irritation, or any other negative event occurs. Notify us of any problems immediately.
7. The average time for optimum color change to occur with this whitening technique is 7-10 days. Effects may be noticed as early as 2-3 days.
8. As with any form of tooth whitening, future applications may be necessary in 1 to 3 years. Keep the trays in a safe place. For future use, you may purchase tubes of whitening gel at our office. Keep gel refrigerated to maintain its effectiveness when storing for more than two weeks.

TOOTH SENSITIVITY - Mild tooth sensitivity during the whitening period is normal. If tooth sensitivity occurs, it will be necessary to decrease the whitening solution contact time or to utilize a desensitizing material. Please notify our office immediately if you experience any problems.

Certain types of tooth discoloration (e.g., tetracycline staining) may require many weeks of treatment and require the purchase of additional tubes of whitening gel. While this technique is highly effective, it does not always produce the desired results.

I HAVE READ AND UNDERSTAND THE ABOVE DIRECTIONS AND PRECAUTIONS.

SIGNED _____ DATE _____