

## **At Home Teeth Whitening Instructions**

It is important that you apply the teeth whitening gel properly, so you do not waste any of the gel and that you experience the least amount of sensitivity while using the gel.

- **Prior to Treatment:** Brush and floss just prior to bleaching your teeth. The whitening gel is the most effective with clean teeth. Try the trays in first without any bleach to check the fit and comfort. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.
- **Applying the Bleaching Gel:** Less is best! When you apply the gel make sure not to fill the trays. Place a SMALL drop(o) of tooth whitening gel halfway up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. Recap the syringe for next treatment until empty. The average treatment per arch requires approximately 0.5ml of whitening gel. We recommend that you only bleach the front 6-8 teeth as no one sees the back teeth.
- **Inserting the Bleaching Trays:** Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums, by holding the tray up with one hand, wipe the excess gel off of the gums with your finger or tissue. Wear the tray with the gel as directed below.
- **Wearing Time:** We recommend that if you have not whitened before, use for 30 minutes to 1 hour the first time and increase the wearing time if there is little or no tooth sensitivity.
- Manufacturers recommended wearing times are: 20% bleaching gel: use for 30 minutes to 1 hour once per day (do not exceed 1 hour/application). If your teeth are sensitive, reduce time to 15 minutes.
- **After Whitening:** Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning. Apply desensitizing gel if your teeth become too sensitive - follow steps 1 through 4 again using the desensitizing gel.
- **Caring for Your Trays and Gel:** Clean whitening trays with a toothbrush or Q-tip and cold water. Store trays in the tray holder and gel in cool dry place away from heat and direct sunlight. The gel may be refrigerated to prolong the shelf life, but do not freeze.

Conduct your whitening session once per day until desired level of whitening is attained.

### **FAQ's:**

- Total treatment time is usually 2 – 3 weeks. Some cases may take longer, especially if treatment is interrupted.
- Make sure you brush and floss thoroughly prior to each treatment. The bleaching gel can work better if it is in contact with the tooth rather than plaque buildup.
- Mild sensitivity to cold liquids or air may occur. This usually passes a few days after treatment is completed. If the sensitivity is severe or persists, discontinue using the gel and contact our office.
- If you experience any gum irritation, let us know. Your custom tray may need to be adjusted.
- Whitening works best on yellow stained teeth. Gray teeth are more difficult to whiten or may not respond to treatment. Such cases may require porcelain veneers to achieve the desired result.
- Results can be quite dramatic. However, upon completion of the whitening process, the color will “tone down” somewhat. This is normal and looks more natural.
- Long term results vary from patient to patient. This can depend on many factors including habits such as smoking or coffee, tea, wine, or cola consumption.
- “Touch-up” treatments may be needed every 3 – 6 months. This can usually be accomplished in 1 or 2 treatments of 1 – 2 hours each. A special touch-up kit is available at our office.
- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these restorations may need to be changed in order to match your new smile.
- It is important to keep you 2-week follow-up appointment so we can assess the results or make changes in treatment as needed.
- If you have unsightly old silver fillings as us about changing them to invisible white fillings. Old crowns with dark gumlines can be changed to more natural looking metal-free porcelain crowns.

If your friends wonder why you are smiling so much, tell them about us. It would be our pleasure to help them improve their smiles, too!

**If you have any questions, please do not hesitate to call our office at 856-228-6688.**