



TOOTH WHITENING INSTRUCTIONS

Congratulations on whitening your teeth. Studies show that people with attractive smiles make better first impressions!

In order to get the maximum whitening effect, always begin by thoroughly brushing and flossing. Any areas of the teeth containing plaque or tarter will not change color.

Express a portion of the contents of tube of whitening gel into the deepest portion of the tray, towards the lip side of the front teeth and the cheek side of the back teeth. Do not over-fill the tray! A line of bleach on the outside surface of the teeth will suffice. Seat the tray by applying gentle pressure. Wipe away the excess material using a tissue or your finger.

Wear your tray for one to one and one half hours uninterrupted. To avoid contaminating or diluting the whitening paste, do not eat, drink or smoke while wearing the tray.

After you remove the tray, brush your teeth gently to remove remaining whitening paste. Clean trays using warm water and a toothbrush. After you complete whitening, dry and store trays on the models when not in use to preserve their custom shape.

Always store bleaching material out of children's reach.

We custom design your trays to precisely fit your teeth and to minimize contact between the whitening material and your lips and gums. If you experience temporary discomfort during a whitening treatment, such as gum, tooth, tongue or throat sensitivity, please call us. Discomfort usually is resolved within several days of interruption or completion of treatment. If tooth discomfort persists, we may prescribe a special fluoride gel to be worn in your custom tray.

WHERE ART MEETS SCIENCE

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TEETH WHITENING FACT SHEET

Am I a good candidate to whiten my teeth?

Maybe. An examination by a dentist can tell for sure. The biggest contraindication to whitening is decay or a leaky filling. Whitening in that situation could irritate a tooth nerve and possibly require a root canal. All stains lighten with whitening. Yellow and brownish stains respond best. Other stains, such as tetracycline staining, will lighten some, but complete resolution of unattractive color requires additional treatment.

How long will it take to whiten my teeth, and how long will they stay white?

Whitening takes approximately 1 -2 weeks, if you treat your teeth every day. You control the rate of change and you can whiten at your own pace. Usually one to two color changes can be expected in as short as two weeks. Your teeth may stay whiter, indefinitely. Daily habits such as drinking tea, coffee, cola, or smoking can contribute to re-staining. You may need to 'touch up' whitening for your smile once or twice a year.

Will my fillings and crowns lighten in color?

No. Neither fillings nor crowns will change color, so it may be necessary to replace any restoration that doesn't meet your satisfaction after you complete your whitening. Some older silver fillings may leave a dark purple stain in your custom bleaching tray. This is to be expected. Provisional, or temporary crowns, may tint orange while bleaching.

What dental treatment needs to be done before I can whiten my teeth?

To reduce sensitivity to the whitening material, all areas of decay should be restored prior to whitening. All restorations should be intact and well sealed. Teeth with stress fractures that are sensitive should be treated prior to whitening. If you have teeth with asymptomatic non-sensitive stress fractures, whitening should be closely supervised. Should those teeth become sensitive, whitening in that area should be stopped. When sensitivity subsides, whitening sessions may be resumed.

Once I am finished whitening, when can I begin the rest of my dental treatment?

After whitening, your final color change takes one to two weeks to stabilize. To assure color match and bond strength, bonded restorations should be deferred for two weeks.

Why should whitening be done under a dentist's supervision?

Attempting to whiten teeth in the wrong situation may be painful or cause problems such as root canals. In order to get the quickest results in a safe environment, it is in your best interest to bleach your teeth under a dentist's supervision. Some whitening products available over the counter, or by mail order are of such low concentration that they are essentially ineffective. Some of the ingredients in these mail order products can be harmful to your teeth and gums.

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