

INSTRUCTIONS FOR TEETH WHITENING

- ❖ Tooth Whitening (bleaching) gel will only whiten natural teeth. It will NOT whiten (or harm) bonding, caps, crowns, bridges, fillings or any other restorative dental work. Upon achieving your desired result, you may notice that old dental work is darker than the new shade of your teeth, and you may wish to have the old work replaced to match your new shade.
- ❖ Tetracycline (an antibiotic) stained teeth or grayish teeth can be more difficult to whiten and will have a less predictable result.
- ❖ Gum recession can expose a portion of the root surface, and although it may lighten, it will not bleach to match the enamel of the tooth. If you have amalgam (silver) fillings in, near or behind the front teeth, long term bleaching can cause the surrounding tooth to appear to have a greenish tinge. Bleaching teeth which have a lot of translucency (see thru) can cause the teeth to become even more translucent and may give the tooth a darker appearance. It is important to consult a dentist if you have any of the above concerns.
- ❖ You may experience some sensitivity of the teeth and/or gums while bleaching. This is common while using products containing peroxide based gels and it is not harmful. In case of increased sensitivity reduce usage time and/or frequency until the sensitivity subsides.
- ❖ Keep bleaching gel out of reach of children. Do NOT use if pregnant or during nursing. Do NOT smoke, drink or eat while bleaching your teeth.
- ❖ Brush and floss just prior to bleaching your teeth. The whitening gel is the most effective with clean teeth. 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
- ❖ When you apply the gel make sure not to overfill the trays. Place a SMALL drop of tooth whitening gel approximately half way up on the inner front surface of the tray (in the front of each tooth in the tray), so that when the tray is placed in the mouth the gel is held against the surface of the tooth towards the lip\cheek. 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.
- ❖ Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. If any excess gel seeps over the brim of the tray onto your gums, wipe it off by holding the tray up with one hand wipe the excess gel off of the gums with your finger or Q-tip.
- ❖ We recommend that if you have not whitened before, use for 30 minutes to 1 hour the first time to evaluate tooth sensitivity
- ❖ 10% or 15% bleaching gel can be used 2 to 4 hours once or twice per day or overnight while sleeping if NO sensitivity.
- ❖ 20% bleaching gel can be used for 30 minutes to 1 hour once or twice per day (do not exceed 1 hour per application).



INSTRUCTIONS FOR TEETH WHITENING (continued)

- ❖ Remove the tray and rinse thoroughly. Brush any remaining gel away. Brush, floss and continue routine dental cleaning.
- ❖ 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.
- ❖ Refrigeration prolongs the shelf life of the bleaching gel, but **DO NOT FREEZE**. Shelf life is 1 year un-refrigerated and up to 2 years refrigerated.
- ❖ Thank you for trusting us with your bright smile and we look forward to serving you or anyone you refer to us in the future with the same courtesy and respect.