

# Home Bleaching Instructions

Congratulations on making a significant change in your smile. The ease of this home system just takes several simple rules to follow to optimize your results in several weeks. There are a few concerns to be observed, so monitoring is a very important component to use the product safely. Monitoring will help avoid or minimize certain side effects, which may compromise the results. We like to prevent or minimize any irritation to the teeth or gums.

Please note that at your initial bleaching visit the doctor takes your beginning shade and compares your teeth to a common shade system. The doctor also discusses about expectations. Not all teeth are responsive to home tray bleaching or to the extent we may want it to work. Many variations do occur. This will be discussed at your initial tray insertion appointment. Remember bleaching lightens objects or teeth it does not turn teeth white. A covering like a veneer or laminate may be needed to turn teeth a different shade or color, like white. Power bleaching (laser bleaching), is also a tool in lightening or bleaching teeth. It is very effective modality to change one's smile. Power bleaching technology (BriteSmile) is available at our office! The doctor may recommend this for your treatment, because for your teeth pigmentation it may give the most positive result. Power bleaching causes less side effects; it is accomplished in one or two appointments.

Severely dark teeth also may respond to the home bleaching technique or the Power bleaching system. The results may be limited, however there will still be a change. The additional expense would be individually discussed. Additional time and patience is required in these situations.

## The Rules

- Rule 1. Check fit of the tray: it should be comfortable to wear.
- Rule 2. Use *one half* of the tube per arch, or one tube per the upper arch and the lower arch. The doctor will prescribe the correct concentration for particular treatment and modify the prescription at subsequent check visits.
- Rule 3. Need to wear at least four hours per day or evening to gain its full effect. Please keep your check appointments timely.
- Rule 4. Avoid any food you think that will stain; i.e. coffee, red sauces, juiced grape or orange etc.
- Rule 5. When removing the tray clean and rinse immediately with cool or luke warm water. You may also rinse them with a mouth rinse to freshen the tray. It is a good idea to store the tray moist environment. Refrigerate the bleaching tubes to maintain their potency.
- Rule 6. Existing dental treatment does not lighten, bleach or change shade. It is inert and may require replacement.
- Rule 7. Our mouth should be healthy to begin treatment. Dental tooth decay should be eliminated, periodontal disease should be under control and gingival (gum) recession exhibit no tooth sensitivity. Please express any sensitive areas to the doctor.

Rule 8. Please call or express any concerns or questions to our staff or the doctor. Do not use the product unmonitored.

Rule 9. The doctor expects a 10–20% regression of the final lightened shade. This is normal.

We would also like to list several common side affects that are easily dealt with under our supervision.

1. **Cold sensitivity** is due to the action of the peroxide in the lightening formula. Some variation of sensitivity may occur. Decreasing the frequency or strength of the formula in the peroxide gel treats this side affect. We can dispense a prescription Fluoride for placement into the tray to quickly help this occurrence.
2. **Gum tissue irritation** can occur from ill fitting or not properly wearing the tray. Treatment for this problem is properly wearing the tray or having the doctor trim or modify your tray.
3. **Over bleaching** can occur and is a serious concern. Rarely do we see this problem, however an obsession in an individual trying to over achieve a result can discolor their teeth too translucent. Another issue is that you may bleach too light and it may be more difficult to match additional dental work to your new smile

### Post Care

A touch up kit can be purchased as long as your trays still fit correctly. Shade changes can occur due to extrinsic stains that occur after we bleach. To maintain your new smile good oral hygiene practices are essential. Frequent recall or cleanings are one of the most effective ways to help in your new smile's maintenance. Avoid foods or habits that will initiate darkening your teeth. Common sense can guide you, like smoking. There are many OTC (Over the Counter) toothpaste's which have mild peroxide in their formula, they can be used, however, check their abrasiveness first before use.

Future dental treatments can commence a few weeks after you have completed your bleaching sequence and after the lightening has stabilized. Remember there is a lightening regression of 10% –20 %.

Patients Name \_\_\_\_\_

Beginning Shade \_\_\_\_\_