Love Your Smile Family & Aesthetic Dentistry

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Whitening for Life Club: Instructions

Professional take home whitening trays are a simple and safe means of whitening your teeth. Although this whitening process can be very effective, the results can be unpredictable and may not yield the degree of whitening desired. Dark gray or brown tetracycline stained teeth do not respond as well to take home whitening. Please be aware that the shade of your crowns, silver/amalgam and tooth-colored restorations will not be affected by the bleaching procedure. Also note, teeth are naturally darker along the gum line and may require more time to lighten than the rest of the tooth surface and usually remain slightly darker. Acceptable results are usually attained in about 2-4 weeks. Only bleach once a day. Your membership includes periodic shade evaluations during your re-care cleaning appointments.

Instructions:

1. At bedtime, brush and floss teeth. Rinse mouth with water.
2. Snap off and save the small cap from the teeth whitening syringe tip.
3. Express a small dot (as demonstrated in the office) into the facial portion of each tooth compartment of the custom whitening trays. Place gel into the tooth compartments that are in your smile (6-8 teeth across). Excess gel in the tray can lead to temporary irritation and discoloration of gum tissue- so use sparingly.
4. Blot your teeth dry then insert tray in mouth over teeth. Allow the excess whitening material to run out of tray.
5. Gently wipe any excess material off the gum tissue with tissue or cotton swab. Spit out any excess as necessary. Really try to avoid having any whitening solution remain on your gum. This can cause sloughing or ulcerations in severe cases (when left overnight).
6. After inserting upper and lower trays, place the small cap on the syringe tip for storage.
7. Treatment times are:
    a. 16% carbamide peroxide: 2-4 hour wear time
    b. 22% carbamide peroxide: 1 hour wear time
    c. 35% carbamide peroxide: 30 minute wear time
8. Avoid any dark liquids for at least two hours after removing your trays. Examples of these are coffee, tea, sodas, dark juices, and red wine. As a general rule, minimize teeth contact with dark foods/drinks during the weeks that you're bleaching.
9. Some patients experience sensitivity during bleaching. It may be recommended that you bleach only every 2nd or 3rd day or that you use sensitivity or fluoride treatment in your custom tray after you remove the tray. You may also brush your teeth with anti-sensitivity toothpaste. If untreated cavities exist, whitening may cause irritation and pain on those teeth. Some patients may notice temporary discomfort to the gums, lips, throat, or tongue. If any of these symptoms occur, stop treatment immediately and contact us at our office (856)579-4048. These side effects usually subside 1-3 days after treatment is discontinued.
10. Do not bleach while pregnant or breastfeeding. Do not eat or drink while wearing your whitening custom trays. Do not use tobacco products while wearing your custom trays. Do not use household products, products from the internet or unknown sources to whiten your teeth. Do not expose whitening gels or trays to heat and/or sunlight as they will distort and not fit. Do not freeze the bleaching gel. Any leftover whitening solution can be refrigerated after you've reached your desired shade. Do not bleach for longer than 4 weeks.
11. Remember, should the trays be lost or destroyed, there will be a charge for replacement ($150). Any extra whitening solution required in excess of what is provided with the membership will be at the member's expense.

Happy whitening! (: