



## **PATIENT INSTRUCTIONS FOR HOME WHITENING**

Although take-home whitening is a relatively new procedure, it has been effective and safe for most patients. There may be some patients for whom tooth whitening is either not effective or possibly not the most preferable treatment. The amount of whitening that you obtain during the procedure is dependent on four factors:

1. The length of time in each 24 hour period the tray is worn (a session).
2. The number of sessions the tray is worn.
3. The susceptibility of your teeth and/or internal colors to the whitening agent.
4. Habits you have that discolor teeth: smoking, coffee and/or tea drinking, red or dark wines.

### **PROCEDURE**

Depending upon the strength of solution you are given, the amount of time for wear is as follows: \_\_\_\_\_minutes/day

1. Before inserting trays, brush and floss teeth thoroughly. Also, brush the custom trays so they are clean. Dry the tray. Be sure not to flex the tray too much while cleaning.
2. Load the tray with the whitening gel. Express the gel evenly into the deepest, outer most portions of the trays. Use a very small amount. A large amount is not needed.
3. Seat the trays completely onto the teeth.
4. Gently press the tray with a clean finger to adapt the soft tray material against the teeth on the inside (tongue) and the outside (lip) edges of the tooth/gum area. Pressing too firmly will express too much gel out of the tray.
5. Wipe off excess gel with a clean finger or a dry toothbrush.

6. Do not disturb the trays when wearing by lifting with tongue, fingers, etc. Take care not to bite with pressure on the tray. This may cause excess solution to seep out and set on gum tissue resulting in a tissue burn.
7. Remove trays after wearing the appropriate amount of time. Brush teeth thoroughly with toothpaste. Rinse twice; do not swallow rinsed gel. Brush tray gently with soft brush and rinse with cool water.
8. On the average treatment should take 7-14 days depending on patient's goals, stains, and comfort.

### **POSSIBLE SIDE EFFECTS**

Many times patients will experience increased sensitivity to cold during treatment. Some patients have reported temporary discomfort during whitening, such as gum and/or tooth sensitivity, tongue and lip soreness, throat irritation, or moderate, continuous teeth pain. Acidic citric foods may increase sensitivity temporarily. If any of these symptoms occur and are more than mild, are persistent, or if you have any questions or concerns, call us at (985)951-2220. These side effects most always resolve in 1-3 days after interruption or completion of treatment. If gum tissue becomes whitish, please discontinue whitening treatment until gum tissue resumes normal color. You can use vitamin E oil to soothe the gum tissue.

### **PRECAUTIONS**

- Avoid dark foods or drinks that may stain for 24 after whitening. Eg. Coffee, tea, red wine, tobacco, dark berries.
- Keep and store the whitening agent out of heat or direct sunlight at all times as the bleaching agent will chemically break down. You may store extra material in the refrigerator. NEVER use any household or commercial bleaching agents in your mouth!