

TEETH BLEACHING

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

D20

DIRECTIONS

Your at-home tooth whitening gel is a gentle non-acidic lightening bleach. It's active ingredient is 10% carbamide peroxide. It is intended for use as directed by your dentist. The following is a list of instructions and information regarding its use.

- Brush your teeth, then floss. Rinse your mouth well.
- Place a thin line of the bleaching gel in the mouth guard for each tooth to be lightened, as directed by your dental professional. (While dispensing from the tube, stretch or draw the bead of gel into a thin line to avoid dispensing excessive amounts.)
- Insert mouth guard and allow excess material to extrude. Wipe away or expectorate excess.
- Wear the newly loaded mouth guard for 1 hour each day, or as directed by your dentist. Do not sleep with it or wear it for extended periods of time.
- Clean and rinse mouth guard after each use, and brush teeth.
- Schedule recall appointments as recommended.

NOTE: Consult your dentist should any discomfort occur.

It is normal to see dark color in the trays where you have old silver fillings. The gel oxidizes the surface stains on these old fillings.

OTHER INFORMATION

The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

Some patients experience increased tooth sensitivity to cold during the treatment. Others may have nonspecific sensitivity in their teeth, gums, tongue, lips, or throat. If any of these symptoms occur and are more than mild, discontinue the treatment until you speak to your dentist. The symptoms usually subside within 1-3 days.

Once you have completed the treatment, your teeth may be slightly whiter than they will remain. The final color will be achieved about 2 weeks after finishing the whitening process.

With time, some patients may notice the previous color returning. If this happens a touch up for a night or two every 4-6 months may be necessary. Your dentist is able to order more gel for you, if needed.

DO

- Store any remaining gel in a cool, dry place for later use. Do not refrigerate.
- Avoid citrus foods and juices because they cause tooth sensitivity.
- Avoid tobacco, coffee, and dark colas.
- Keep out of reach of children.

DON'T

- Use the treatment while pregnant or lactating.
- Use any household or other whitening product.
- Eat, drink, or smoke while wearing your custom trays.

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