

Brown Family Dentistry

INSTRUCTIONS FOR TAKE-HOME WHITENING

Application Instructions

- Floss and brush your teeth
- Twist off clear plastic cap from syringe, twist on mixing tip
- Place a small amount of gel in each tooth compartment in tray (overloading trays with gel may cause temporary gum irritation).
- Place tray with gel in your mouth. Bubbling within tray is normal.
- Remove excess gel with a cotton swab or dry toothbrush.
- Wear 90 minutes to overnight. Optimum results are seen within 2 weeks.
- After whitening, rinse trays with cold water. Use a toothbrush to remove any residual gel.
- Rinse and brush teeth to remove excess gel.

Post-Treatment

- Avoid staining foods, drinks, and tobacco for 30 minutes after each treatment.
- Continue good oral hygiene. Use of an electric toothbrush will help maintain results longer.
- Store any remaining whitening gel in a cool dry place. Do not freeze.

Potential Adverse Effects

Some patients may experience increased tooth sensitivity to cold. Symptoms should subside within 1-3 days. Try whitening every 2nd or 3rd night to decrease sensitivity. If sensitivity persists, call Dr. Brown.

Gingival irritation will occur if trays extend over gingiva. If this occurs call Dr. Brown to have them trimmed.

Notes

- Do not eat, drink, or smoke while wearing bleaching trays.
- The area of the tooth closest to the gums will take longer to whiten than the biting edge. It will also remain the darkest part of the tooth.

Expectations

Results vary by patient. Anatomy, age, tooth condition, hygiene, and starting shade heavily impact results.

- Note that crowns, veneers, fillings, dentures, and restorations will not whiten and may require replacement following the whitening procedure.
- Although most patients will achieve optimal results within 2 weeks, consult Dr. Brown about continued use if you are not satisfied with the results.

Contraindications

Current research has not evaluated the possible effects of whitening procedures on all patient types. The following whitening candidates should consult their physician before use:

- Pregnant or nursing mothers
- Those currently being treated for a serious illness
- Children under 14 years of age

First Aid Instructions

- If a large quantity is swallowed (over 25% of syringe), immediately drink a glass of water and contact a doctor.
- If swallowed, do not induce vomiting
- If gel gets into eyes, flush eyes continuously with running water for 15 minutes
- If clothing, skin, or hair contact occurs, remove contaminated clothing and flush skin or hair with running water