

# *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 2<sup>nd</sup> or 3<sup>rd</sup> 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