



Teeth Whitening Instructions

Two weeks prior to whitening, begin to use toothpaste for sensitive teeth (i.e. Sensodyne) and/or rinse with ACT fluoride rinse. This will help decrease sensitivity associated with whitening. Continue to use while whitening teeth.

It is important that you apply the teeth whitening gel properly so you do not waste any of the gel and that you experience the least amount of sensitivity.

1. Prior to Treatment:

Brush and floss just prior to whitening your teeth. The whitening gel is the most effective with clean teeth. Try the trays in first without any gel to check the fit and comfort. Make sure that the trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.

2. Applying the Whitening Gel:

When you apply the gel make sure not to overfill the trays. Place a SMALL drop of gel half way up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. Recap the syringe for next treatment. We recommend that you only bleach the front 6-8 teeth as no one sees the back teeth.

3. Inserting the Whitening Trays:

Insert whitening tray in the mouth over the teeth. Lightly tap tray to adapt tray sides to teeth. Wipe any excess gel off your gums with a tissue. Wear the tray with the gel as directed below. Do not eat, drink or smoke while wearing the trays.

4. Wearing Time:

We recommend wearing whitening gel for 2-4 hours. Gel is most active within the first 2 hours.

5. After Whitening:

Remove the tray and rinse off your teeth. Brush any remaining gel away. You may rinse with ACT fluoride rinse if desired to help with sensitivity.

6. Caring for Your Trays and Gel:

Clean whitening trays with a toothbrush or Q-tip and cold water. The gel should be refrigerated to prolong the shelf life, but do not freeze.



Possible Side Effects

10% of patients might experience some discomfort to their teeth, gums, lips, or throat and increased sensitivity to cold, heat, or pressure while whitening their teeth. This sensitivity is short lived and usually ends a day or two after the treatment is completed. If any of these symptoms occur and are more than mild, and/or you have persistent discomfort, discontinue the treatment until you can contact Dr. Roxy.

Sensitivity

Sensitivity can develop in 15-20% or more of patients just from wearing the tray alone! If you do develop sensitive teeth try these things:

- Check to make sure you are not overloading the tray with gel. You've used too much if you have gel leaking out of the trays after insertion.
- Use Sensodyne toothpaste for 2 weeks prior to whitening and during whitening. You may apply a thin ribbon of Sensodyne into the bleaching trays and wear for 30 minutes before or 30 minutes after session. Be sure to clean the Sensodyne out of the trays thoroughly before filling with whitening gel.
- Rinse with ACT fluoride rinse after every session.
- Shorten the bleaching sessions or try every other day.
- Take Ibuprofen or equivalent to alleviate discomfort.
- If you have a jolt or sharp pain you could have recessed gums, enamel fractures, a chipped tooth or leaking margins. This is why an exam is performed before whitening is started, in order to deal with these problems first, so you will be able to whiten your teeth with fewer complications.

Cautions

If restorations are planned for the anterior (front) part of your mouth it is advisable to accomplish the whitening first, and then match the new restorations to the now whitened teeth. You will need to plan to wait three weeks or longer after whitening before starting these restorative procedures.

Existing restorations **WILL NOT** bleach.

The whitening process may cause some temporary dehydration of the teeth. This dehydration may appear as white spots or striations on the teeth. These spots will disappear within 1-2 weeks after completion of the whitening process.

Because a tooth is translucent, and because of light reflection, the same tooth can look a different color under a different light. This is why it is difficult to tell patients exactly how many shade changes they may reach with the whitening procedure. Teeth all respond differently. But remember this general rule: match the whites of your eyes for the most natural look.

Happy Bleaching! Your Twin Dental Team

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