



PATIENT POST OPERATIVE INSTRUCTIONS FOR HOME BLEACHING

Your home kit includes:

Bleaching syringes

Bleaching trays

Storage box for the trays

Fluoride Alcohol Free Mouthwash

Toothbrush

Opalescence Toothpaste

Your bleaching trays can be worn at the most convenient time of day for you; the gel will be effective for the first two hours. If this is difficult to fit in your schedule then the trays can be worn at night.

Just before wearing your trays with the bleaching gel in them, take two Ibuprofen (which lasts seven hours). The whitening gel may cause temporary sensitivity to the teeth and soreness of the gums.

Brush and floss your teeth immediately before each bleaching session. It is important to brush immediately before bleaching because protein from your saliva will coat your teeth within minutes after brushing, and could inhibit the bleaching agent from whitening your teeth as quickly. If you normally tend to have teeth that are sensitive to tooth brushing, cold, or sweets, use Sensitive Toothpaste instead. This will help desensitize your teeth before bleaching.

Squeeze a drop of bleaching gel into each reservoir on the inner side (cheek side) of the outer walls of the trays.



= Actual size

We will demonstrate this for you during your next visit. The gel is thick and the trays are flexible, so the gel will cause the outer rim of the tray to be pushed away from the gum line. After you put the tray in you'll need to firmly push the tray back against the teeth to establish the seal of the tray at the gum line - **this is very important.** We will demonstrate this also.

If you've put too much gel in the tray, you'll notice a significant amount of gel oozing out from under the edge of the tray. Take a cotton bud or finger tip and remove the excess and next time use a little less gel. If you've put in too little gel, you will see through the clear tray some large open voids (little bubbles are OK) in the reservoirs not entirely filled with gel. If you see this, DO NOT REMOVE THE TRAY. There is plenty of gel in the reservoirs to start your bleaching, but next time use a little more gel.

After removing the trays, rinse your mouth with luke-warm water. Cold or hot water may be slightly uncomfortable to rinse with at that time. Clean the trays with the small headed tooth brush provided which you will only use for cleaning your bleaching trays.

WHAT TO EXPECT

Your teeth and gums may become sore and sensitive during the first 3-4 days of bleaching. If you feel it is too uncomfortable to bleach every day you can do alternate days and on the days you aren't bleaching you could place the sensitive tooth paste in the trays and wear it for about an hour or overnight to help desensitise.

You may notice that your teeth start to look "funny". They may develop white spots. The area of the teeth near the gum line may look dark (this is just because the rest of the tooth will have become so light by comparison). Or the colour may look too opaque (chalky). Don't fear. This will all even-out eventually.

You may find that your lower teeth do not lighten as quickly as your upper teeth. This is because the lower teeth are smaller, the enamel is thinner, and the reservoirs will be smaller. Again, do not fear.

PERMANENTLY MAINTAINING YOUR NEW WHITE TOOTH COLOUR

Additionally, you should wear the bleaching trays while you sleep, at least one night every four months as additional protection against darkening. Wearing the trays one night every four months will keep your teeth a very stable colour indefinitely.

OTHER IMPORTANT BITS OF INFORMATION

During the two weeks of at-home bleaching, stay away from staining foods and drinks. That would only reduce the success of bleaching. Any food or beverage which would permanently stain a white shirt or blouse could also stain your teeth. If possible, when drinking a staining beverage, it may help to keep the beverage off the outer surface of the teeth by carefully drinking through a straw. Smoking should also be held to the very minimum during the bleaching process.

Store your bleaching trays safely. Keep them in the case provided. Most importantly, place the trays carefully in the case. When you shake the case, you should feel that the trays are loose inside. If they are not and they are being bent inside the case, this will distort and totally destroy the trays.

If you have any problems or questions, call us right away.