



PORTMORE
DENTAL

Patient Information on Home Whitening Treatment

Brush and floss your teeth immediately before each bleaching session. If your teeth are sensitive to brushing, cold or sweets, use sensitive toothpaste instead. This will help de-sensitize your teeth before bleaching.

Just before wearing your trays, take two Ibuprofen tablets. The whitening gel may cause temporary sensitivity. This is the most common side effect of home whitening. If you are experiencing any sensitivity you should stop whitening your teeth for 3-4 days. If the teeth become ultra sensitive you can place sensitive toothpaste into the whitening trays for an hour a day or alternatively rub the sensitising toothpaste into the gums.

Squeeze a drop of whitening gel into each reservoir, we will demonstrate this for you. After you put the trays in you will need to push the tray firmly back against the teeth to establish a seal at the gum line - **this is very important.**

If you've put too much whitening gel in the tray, remove any excess and next time use a little less. If you've put in too little gel you will see some large open voids through the clear tray (little bubbles are ok) If you see this, **do not remove the tray**, there is plenty of gel in the reservoirs to start your whitening, 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.

How long should I wear them for?

This depends on the amount of lightening that you desire and the original shade of your teeth. If your teeth are quite dark it will take longer to bleach. If you are not experiencing any sensitivity you may wear the trays for at least 1 - 2

hours and even sleep with the trays in your mouth. It is very important to remove all the excess material around the gums or the palate prior to sleeping with the trays.

If you cannot wear the trays for a few days because of your hectic schedule, it does not matter. Whiten your teeth according to your own schedule. Some people put the trays in after dinner and wear them for the first hour while watching TV or doing the dishes. Then if everything is fine they replenish the trays and sleep with them in the mouth.

What to Expect

Your teeth and gums may become sore and sensitive during the first 3-4 days of whitening. If you feel it is too uncomfortable to whiten every day you can do alternate days and on the days you aren't whitening 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.

Please be aware that bleaching can not change the colour of any crowns, bridges or existing fillings.

PERMANENTLY MAINTAINING YOUR NEW WHITE TOOTH COLOUR

Additionally, you should wear the bleaching trays at least once for twenty minutes every four months as additional protection against darkening. Using the trays once every four months will keep your teeth a very stable colour indefinitely.

OTHER IMPORTANT BITS OF INFORMATION

During the two weeks of at-home whitening, stay away from staining foods and drinks. That would only reduce the success of whitening. 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 whitening process.

Store your whitening 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, please give us a call on 01932 855011.