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Home Use of Bleaching Trays

Home use whitening kits have been shown to be effective for removing stains on teeth. Peroxide is a strong oxidizing agent. Bleaching occurs from the peroxide penetrating into the enamel and dentin and oxidizing the stains within the tooth. Results can vary between patients, and the results cannot be predicted nor guaranteed. Consistency is the most important part in the beginning.

Instructions:

1. Load trays with a small bead of gel on the front teeth of the tray. If gel oozes out of tray after insertion, remove trays and clean away excess material from the gums and out of the trays and replace tray.
2. For better results place trays in mouth for minimum of 1 hour, and no longer than 2 hours for 35% solution. For anything less than 35% place in mouth for 2 hours. Do not eat or drink with trays in place.
3. Remove trays, rinse mouth and brush with a fluoridated toothpaste.
4. Clean trays with cold water and a soft toothbrush. Store clean trays in the case provided. Do not clean trays with household cleaners or other solutions.
5. You need to do this for 7-10 days straight in the beginning until you get the desired shade.

Precautions:

1. DO NOT OVERLOAD TRAYS. Excess gel can cause gum irritation and/or white spots on the soft tissues. If this occurs, REMOVE TRAY, RINSE MOUTH THOROUGHLY AND BRUSH AWAY EXCESS GEL WITH SOFT BRUSH. Irritation should resolve itself within 12 hours. If it does not, contact our office. If your gum is irritated, DO NOT USE THE WHITENING UNTIL GUM TISSUE FEELS BETTER.
2. Some patients may experience tooth sensitivity. If you experience sensitivity, a fluoride gel home care may be recommended or you can use Sensodyne while bleaching. If you experience sensitivity for more than 12 hours, or it becomes severe, contact our office.
3. Existing restorations such as crowns, fillings, and bonding will not respond to whitening treatments. In some cases where amalgam (silver) fillings exist, whitening the teeth may actually cause the tooth to appear darker.
4. For best results, refrain from smoking, consuming dark drinks such as tea, coffee, wine or soda, red sauces, and dark green vegetables for 48 hours after bleaching.
5. Pregnant and nursing women should obtain permission from their doctor prior to starting a whitening regimen.