

## **Cosmetic Teeth Whitening**

The whitening of teeth can have a dramatic effect on one's appearance.

The technique used by our office involves the preparation of a "bleaching splint." This splint allows the bleaching gel to be placed sparingly but effectively.

The degree of whitening is directly related to the time the bleaching gel is in contact with the tooth and the freshness of the gel.

### **DO:**

- Clean teeth thoroughly before gel application.
- Wash splint with clear water before new gel application.
- Dry inside of the splint with a Q tip before new gel application.
- Apply gel sparingly as instructed by our dental assistant.
- Bleach a minimum of ½ hour per day and up to 2 hours per application.
- Bleach every day for up to 2 hours for best results.
- Bleaching at night adds no additional benefit, as the bleaching gel stops working after 2 hours.
- Keep gel refrigerated and capped.
- Return for Shade Check appointments.
- ALWAYS feel free to call our office for advice or assistance.

### **DO NOT:**

- DO NOT wear the splint during eating.
- DO NOT leave splint in direct sunlight or heat (a new splint can be provided for a fee).

### **IF TEETH OR GUMS BECOME SENSITIVE:**

- Bleach in 1/2 hour blocks of time and every OTHER day.
- We can prescribe an RX Fluoride Gel (Prevident 5000) to place in your trays to wear for 10 minutes before and/or after bleaching).
- If sensitivity persists, please call our office. We may be able to switch you to a lower percentage bleaching gel.