

## BLEACHING INSTRUCTIONS: TAKE-HOME

### STEP-BY-STEP INSTRUCTIONS

- **LOADING THE TRAY:** Place a very small amount (pea-sized drop) of gel on the front surfaces of the tray, approximately halfway up (from the base of the tray) from molar to molar. This should use about 1/2 to 1/3 of a syringe per tray.
- **BRUSH YOUR TEETH:** and don't forget to floss.
- **INSERT TRAY:** Insert the tray in your mouth and lightly tap it to adapt the sides to your teeth. If there is any excess material that comes out, in contact with your gums, wipe this off with a gauze or tissue paper carefully. The wearing time depends on the concentration of Opalescence Gel you use (that was given to you). Use the following reference (the concentration is listed on the tube):

*Opalescence 10%: 8–10 hours or overnight*

*Opalescence 15%: 4–6 hours*

*Opalescence 20%: 2–4 hours*

*Opalescence 35%: 30 minutes*

*Opalescence Quick PF 45%: 15-30 minutes*

- **REMOVE TRAY AND BRUSH TEETH:** Remove tray and use a finger or soft toothbrush to clean any excess gel off your teeth. Rinse your mouth twice being sure not to swallow rinsed gel.
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- **CLEAN TRAY:** Clean tray with soft brush and cool tap water. Store tray in the case that came with your kit.

### **BLEACHING PRECAUTIONS**

- Do not use household bleach to whiten teeth.
- Pregnant women should not bleach.
- If you have any questions regarding the appropriate use of this product, including how long it will take to bleach your teeth, please call our office as soon as possible.
- Do not use tobacco products or eat while bleaching.
- Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.

### **POST TREATMENT INSTRUCTIONS**

- Bleaching is not permanent. You will have to repeat the process as necessary to maintain results.
- Long term results may vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking coloured beverages (tea, coffee, red wine, carbonated drinks , etc.)
- Mild sensitivity to hot or cold liquids may occur. This usually lasts for a few days, but may persist for 1-2 weeks. For mild-moderate sensitivity, we recommend using a specialized toothpaste meant for sensitivity ('Sensodyne Toothpaste', which is available at local pharmacies. This is available at our clinic). If the sensitivity is moderate-severe, we recommend you schedule an appointment at our office at the earliest. In the meanwhile, we recommend taking an over the counter pain medication depending on the degree of your discomfort.
- Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the colour to tone down after a few days of completing your treatment. This give your teeth the opportunity to rehydrate.
- Touch-up bleaching treatments may be needed every 6-12 months in order to retain colour.
- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these may need to be changed in order to match your new smile.

Please give us a call if you have any questions or send us an email at:

[frontdesk@dentallavelle.com](mailto:frontdesk@dentallavelle.com)