

## Home Bleaching Instructions

Congratulations on making a significant improvement in your smile! This home system is quite easy to use; in fact, if you follow a few simple rules, you can optimize your results in just several weeks. There are also a few things we would like for you to be aware of, that are very important to the safe use of this product. In sharing the following information with you, it is our goal to help avoid or minimize certain side effects that can compromise your results. We also want to reduce the possibility of irritation to your teeth and gums. Please read through the following guidelines for use of your home bleaching kit.

### Guidelines to Follow

1. Be sure your tray fits comfortably.
2. Use half the tube per arch, or one tube each for the upper and lower arches. We will prescribe the correct concentration for your treatment and may modify the prescription at follow-up visits.
3. Wear the tray for at least four hours each day to achieve its full benefit. Be sure to attend your check appointments at the suggested times.
4. Avoid food that may stain your teeth, including coffee, red sauces, grape and orange juices, etc. Note: you don't need to completely remove these items from your diet. Just remember to brush immediately, once you've finished eating.
5. When removing the tray, clean and rinse it immediately with cool or luke-warm water. You can also rinse the tray with mouthwash to freshen it. It's also a good idea to store the tray in a moist environment. Remember to refrigerate the bleach itself to preserve its strength.
6. Be aware that existing dental work is not susceptible to any kind of bleach and does not lighten or change shades. Consequently, it may require replacement.
7. Your mouth needs to be healthy before treatment begins. Tooth decay must be eliminated, and periodontal disease should be under control. There should also be no tooth sensitivity where gums are recessed. Please let us know if you are experiencing any such sensitivity.

8. Please let us know immediately if you have questions or concerns. It is important that you not use the product unmonitored.

Note: We expect your final, lightened shade to regress about 10-20%. This is normal.

#### Potential side effects

Under our supervision, these are easy to address.

1. **Cold sensitivity** is caused by the action of the peroxide in the lightening formula. If you experience sensitivity, we will usually decrease the frequency or strength of the peroxide gel formula. We'll also give you a prescription for fluoride which, when added to your tray, will quickly alleviate sensitivity.
2. **Gum tissue irritation** can be caused by an ill-fitting tray or by not wearing it properly. Irritation can be reduced by proper wear or by having us trim or modify the tray.
3. Although rare, **over-bleaching** is a serious concern. Some patients over-bleach to try to achieve an impossible shade; however, this discolors the teeth and makes them translucent. Furthermore, if teeth are bleached too light, it may be difficult to match additional dental work later on.

#### After care

You can buy a touch-up kit, as long as your trays still fit correctly. Shade changes can occur as a result of extrinsic stains that occur after your teeth are bleached. Practicing good oral hygiene will help maintain your new smile. This includes frequent dental cleanings and avoiding foods or habits (like smoking) that will darken your teeth. Use common sense! There are many types of OTC (over the counter) toothpaste that have mild peroxide in their formulas. Although the results are typically not as good as an at-home whitening kit, these can be effective. Just be sure to check their abrasiveness before using.

Future dental treatments can begin a few weeks after the bleaching is completed and the lightening has stabilized. And, don't forget that a 10-20% lightening regression will likely occur.

Questions or concerns?

*During business hours call:*

Center for Dental Health (New Albany) 614/775-0840

*After hours/emergency, call:*

Dr. Angart (cell phone) 614/563-2513

Dr. Angart (home) 614/855-1055

Patient name: \_\_\_\_\_

Beginning shade: \_\_\_\_\_