

# D & K

## Duffy & Kwiatt Dental Associates

*Advanced dentistry with a personal touch*

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### **Patient Instructions for At-Home Bleaching**

Congratulations! You are beginning the process that will definitely improve your appearance. The amount of whitening you obtain is dependant on 3 factors: 1) the length of time the appliance is worn; 2) the number of times the appliance is worn; and 3) the susceptibility of your teeth and /or internal contaminants to the bleaching agent. Results vary, but most people are ecstatic about having whiter teeth. The whitening process can regress over time. If it does, a " touch-up" bleaching can be done every six months. For best results this is done immediately after a Preventative Maintenance Appointment with the hygienist. Usually 1cc of material is needed for a touch-up. The fee for a "touch-up" is for the material only. Your appliance should last for several years with proper care. A lab fee is only charged for a new appliance if you should need one in the future.

#### **Procedure**

1. Brush and floss your teeth before applying the bleaching gel.
2. Load the appliance with the gel as you have been instructed (usually less than 1cc)
3. Seat the appliance firmly on the teeth. Gently press the appliance on the teeth with your fingers. Wipe off excess gel with your finger or Q-Tip.
4. Expectorate any excess material.
5. Wear for a minimum of 2 hours. Overnight wear will give the best and quickest treatment.
6. When the appliance is removed, brush your teeth and gums thoroughly, rinse the appliance and place it in the appliance case.

#### **Possible Side Effects**

Often patients experience increased sensitivity to cold and also gum irritation during treatment. Some patients have reported temporary discomfort during bleaching, such as tongue or lip soreness, throat irritation or moderate tooth pain. If any of these symptoms persist or if you have any questions or concerns call our office. If your gums or teeth are sensitive, delay the next application for 2 days.

#### **Precautions**

Keep the gel out of heat or direct sunlight. Keep the gel out of reach of children.

NEVER use any household or commercial bleaching agent in your mouth. Only use the bleaching gel dispensed and supervised by our office.

Note: The whitening process starts at the biting edges of the teeth and works its way to the gum line. Original color of the teeth is darker toward the gum line.

Please call our office with any questions or concerns.