



CONNECT

D E N T A L C A R E

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TEETH WHITENING INSTRUCTIONS

WHAT ARE THE BASIC WHITENING INSTRUCTIONS?

Start the whitening process by brushing your teeth. Rinse well, place a dot of bleaching gel in the front portion of the custom fitted tray and spread the gel with the syringe tip. Place the trays on your teeth and gently press the tray to move the gel into place. Wipe away excess gel on the gum tissue with your finger or tissue and spit out any excess. Wear the trays for 1-2 minutes or overnight, depending on the bleach. Remove the trays. Wipe the gel out with tissue and use a toothbrush with water (no paste) to clean the trays thoroughly.

HOW LONG WOULD IT TAKE FOR MY TEETH TO WHITEN?

Every individual whitens at a different rate, but the average time that most people notice a color change is wearing the trays daily for 2-3 weeks. Yellow and brown steins bleach faster than blue or grey stained (tetracycline-stained) teeth.

IS IT NORMAL FOR MY TEETH TO BE SENSITIVE?

Sensitivity is one of the most common side effects from bleaching. After the whitening process, it is common to experience sensitive teeth. It is also common to experience little “zings” in the teeth during the process and even a day or two afterwards. If this occurs and it is not tolerable, you might want to change the schedule to every 2nd or 3rd day or night. To help in preventing or temporarily reducing sensitivity, you may choose to use a toothpaste for “sensitive teeth” which usually takes 4-6 weeks for a noticeable change.

CAN I WHITENING MY TEETH IF I HAVE PERIODONTAL DISEASE?

Patients with periodontal disease or with excessive root surface exposure may notice significant sensitivity. Use a “sensitive teeth” toothpaste and nighttime fluoride rinse to help desensitize your teeth prior to bleaching.

IS IT NORMAL FOR MY GUMS OR TEETH TO HAVE WHITE SPOTS?

It is common to see white areas on the gum tissue or teeth after removing the trays from your mouth. Do not panic as it will disappear usually within the hour. Try to remove as much excess gel from the gum tissue to prevent this from occurring on your gum tissue.

WHY ARE MY TEETH NOT WHITENING EVENTLY?

The canine are usually the darkest teeth and will require more time with whiten. Teeth are naturally darker near the gum line due to the thinness of the enamel. It may take more time to

CAN I BRUSH & FLOSS AROUND MY TEMPORARY?

You may brush your teeth and temporary crown as usual using soft toothbrush. Floss your temporary crown carefully. *Do not* pull up on the floss as this may dislodge or loosen the temporary. Instead, pull the floss out from the side of the temporary. If a temporary bridge was placed or if your temporary veneers are one piece, use a floss threaded to clean underneath and pull the floss out through the side of the front of the temporary.

IF YOU EXPERIENCE ANY THROBBING OR SHARP PAIN, PLEASE CALL OUR OFFICE