

## Tooth Bleaching Procedure:

The Bleaching Kit supplied consists of:

- Upper Bleaching Tray
- Lower Bleaching Tray
- Syringes of Carbamine Peroxide Tooth Bleaching Gel

### Instructions for Use:

#### Before Bed

- Brush your teeth normally for two minutes with normal toothpaste.
- Prepare your tray by placing a blob of Bleaching gel into each of the reservoirs.
- Place Gel in the front facing 'spaced' areas of the tray only.
- Place the tray in the mouth and make sure it is well seated.
- Remove any excess gel with a tissue or cotton wool.
- Spit out any excess material- do not swallow.
- Leave trays in situ overnight (if whitening by day, at least 3 hours)

#### On waking

- Remove the trays and rinse your mouth with water.
- Brush your teeth with normal toothpaste.
- Clean the trays with cool water.
- Place the trays in the box for hygienic storage.

### How Much to Use:

You do not need to fill the tray with gel. Only apply sufficient gel to ensure the reservoir is filled. Use your index finger when dispensing the solution so as to be more precise. Do not worry if you see small air inclusions in the gel – this will not cause uneven bleaching. **KEEP AWAY FROM DIRECT SKIN CONTACT**

About one third of a syringe of gel should be sufficient per application. The tray for your upper teeth usually requires more gel than the lower tray.

### Results:

- Tooth Whitening initially can be quite rapid but bleaching should be continued to ensure the effect is maintained.
- We usually recommend 14 applications of the whitening gel to achieve lasting results. The additional syringes of gel can be used later if desired.
- The number of applications of whitening gel depends on the original shade of your teeth and the amount of whitening required. If your teeth are a dark shade you will need additional applications.
- Remember that if you have white fillings or crowns, these will not whiten. For best results, white fillings may be replaced to match the whitened shade of the enamel when bleaching is complete.

### Side Effects:

- Sensitivity: Sensitivity can be quite common. Avoid gel coming into contact with exposed dentine at the necks of the teeth. To treat sensitivity do not use the whitening gel for a few days and apply fluoride toothpaste to the affected sites or within the trays and rinse 2-3 times daily with a Fluoride Mouthwash such as Colgate Fluoriguard. (Available as 'Fluoriguard Daily').

If sensitivity continues, apply Fluoride Toothpaste or Sensodyne Toothpaste to the trays and wear the trays in the normal way loaded with toothpaste instead of the whitening gel.

- **Gingival Irritation:** Your gums may feel sore after bleaching. It is important to ensure that the gel does not come into contact with your gums for prolonged periods. Stop using the bleaching gel and seek advice if the problem continues.
- **White spots/flecks** – sometimes you may have white spots / flecks on your original teeth. These may initially become exaggerated whilst whitening your teeth, but they should gradually ease and in some cases will blend in to the lighter tooth colour. This can vary depending on each case.

#### For Best Results:

- Reduce the amount of tea, coffee, red wine and other staining foods such as berries or curries during and after treatment for at least one month.
- Do not smoke during the course of treatment.
- Return to your dentist for review when your bleaching is complete.

#### Safety Precautions:

- Use the Bleaching Gel only as directed.
- Caution – Do not expose to heat or direct sunlight.
- Keep out of reach of children.
- Irritating to eyes and skin.

#### Contents:

- Bleaching Gel Syringes supplied contain: Carbamine Peroxide Gel in a Glycerine Base
- If you know of any allergy or are aware of an adverse reaction to this ingredient, please to not proceed with this treatment.
- For professional use only.

#### Risks and Benefits:

- As with any treatment there are benefits and risks.
- The benefit is that teeth can be whitened fairly quickly and in a simple manner.
- The risk involves the use of the peroxide gel solution for extended periods of time.
- Research indicates that using peroxide to bleach teeth is safe. There is new research indicating the safety for use on the soft tissues (gums, cheeks, tongue, throat).
- The long-term effects are as yet unknown. Although the extent of the risk is unknown, acceptance of treatment means acceptance of these risks.
- **Pregnancy:** Do not use the bleaching treatment if you are pregnant. There have been no adverse reactions but the long term clinical effects are unknown.
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I have read the above information and agree to return for examination/review after a period of 3-4 weeks after commencement of bleaching. I have read and received a copy of this information sheet and consent to treatment and assume the risks described above:

Signed: .....patient

Date: .....