

Tooth Whitening Instructions

StKildadentist
Quality Contemporary Dentistry



Tooth Whitening Instruction Sheet

If possible, brush and floss your teeth before putting in your bleaching trays (this is not essential).



Apply a small pea-sized drop of bleaching gel into the tooth compartments of the trays on the **front** surfaces only (see photo)

Do NOT overfill trays – this will only result in wasting of your gel as it will be extruded when you seat the tray.

Insert the tray into your mouth and seat the tray firmly against your teeth. A small amount of gel maybe extruded out on to the gum.

Wipe excess gel from your gums with your finger or toothbrush.

Wear the trays for the amount of time appropriate to the gel you have chosen (either overnight or for 30-60 minutes during the day). If you are unsure of your gel type, or want to change it, please contact the surgery.

After removing the trays rinse your mouth vigorously with water and wipe away any remaining gel with your toothbrush.

Clean the trays with a toothbrush under COOL running water – note>> very hot water may distort the trays.

Dry the trays carefully and store them in a cool, dry place.



Continue the whitening process until you are satisfied with the shade. Keep the gel in the refrigerator when not being used. If you need more bleaching agent this can be purchased from the surgery. Even when you have finished with this course of bleaching keep your trays safe as you can use them again if you want to touch up/boost/re-whiten your teeth in the future.

Foods to AVOID

Foods and drinks that have a high content of chromagenic (staining) agents are best avoided immediately post-bleaching. Your teeth are at their most 'porous' at this time and will be more susceptible to re-taking up staining. Common foods and drinks to avoid are coffee, tea, red wine and dark soft drinks, curries, berries and beetroot.

Acidic foods and beverages can contribute to sensitivity of the teeth that can be a side-effect of bleaching in some people. Citric fruits and fruit juices as well as most soft drinks are the most common examples to be aware of.

Side Effects

Minor, transient sensitivity to temperature (usually cold) is the most common side-effect experienced by people bleaching their teeth. The symptoms resolve completely when the bleaching is stopped. Many people have no issues at all. The sensitivity is caused by the bleaching agent irritating the pulp (nerve) of the tooth which in turn becomes more sensitive to other stimuli such as temperature changes. If you experience persistent more severe problems please discontinue treatment immediately and contact the surgery.

If you experience sensitivity there are several options you can try:

- Reduce your bleaching frequency (i.e. try bleaching every other night instead of nightly) to give the teeth some recovery/rest.
- Use shorter application times if using a daytime bleach (i.e. 30mins instead of an hour).
- Use a toothpaste for sensitive teeth such as Sensodyne or Colgate sensitive as your daily toothpaste for the time period you are whitening your teeth
- Use Tooth Mousse (available from the practice) before and after you bleach the teeth.

Please note>> If you have areas where you experience an acute sharp pain or 'jolt' on applying the gel in trays this may be because you have an area of gum recession and exposed dentine which can sometimes be more acutely sensitive. This may need to be addressed directly by the dentist to cover it with a protective coating/filling. Your dentist will usually have screened you for any such areas before suggesting tray bleaching however occasionally some areas that do not appear that they would be a problem can sometimes surprise!

If you have any questions/concerns during the process please call – 03 9534 8611

