

Post Operative Instructions

Home Bleaching Nite White Excel “Z” 22%

Congratulations! You are about to start a program to lighten the color of your natural teeth in the privacy of your own home. Please follow these instructions and do not hesitate to contact us if you have any questions, concerns, or problems.

Bleaching Kit Your bleaching kit includes 6 tubes of Nite White Excel 22% “Z” low sensitivity bleach, custom trays, and a case. 3 tubes of bleach will usually achieve a maximum bleaching result. The extra tube of bleach is good for up to 2 years and should be stored in a cool place out of direct sunlight. Additional tubes of bleach are available for purchase as needed for future touch-ups.

Materials Needed Bleaching trays: these are custom made from your own models. A tray case: if the trays are not in your mouth, they should be in their case. Please save your trays at the end of the treatment, as they may be necessary to touch up the bleaching in the future. Nite White Excel gel syringe: Each syringe has nine calibrated treatment doses, noted by a green line on the side of the syringe. Use approximately one dose per tray for a full arch of 10-12 teeth. Directions: Please save these directions!

Treatment Regimen In general, we start with the upper arch while sleeping. The upper arch is the more esthetic arch and is more difficult to lighten. A daytime regimen of a minimum of two hours may be chosen. If your teeth are not uniform in color, you may be directed to start bleaching only the darker teeth and bleach the remaining teeth when the darker teeth have lightened to match other teeth. Complete the upper arch prior to starting the lower arch. The lower arch is used as a control arch to monitor the progress of the upper bleaching. This may be customized at your 1 week post op check. Skip a night if sensitivity (some is normal) becomes a problem. If sensitivity persists, we will consider starting a shortened daytime treatment of 2 or 3 hours, or we may start the lower arch. We may also use a regimen of a desensitization. Please contact us!

Procedure Brush and floss, of course! Apply a small “drop” of bleach to the inside of the tray on the cheek side of the teeth to be bleached. Teeth with crowns, veneers, or full bondings should be skipped. Second molars are not bleached. Seat the tray all the way on to your teeth with your fingertips. Watching in a mirror, gently adapt the tray to the front of your teeth with a fingertip. You should stop when you see the gel reach the gum. Excess gel may mean that you pressed too hard or used too much gel. Wipe any excess with your finger, gauze, or cotton. When it is time to remove the tray, remove gently removing tray with fingertips on both sides. Rinse mouth with lukewarm water, then brush and floss. Clean the inside of your tray with your fingers or cotton swab under warm, not hot, running water. Place the trays back into the case.

In General The area of the tooth closest to the gums is darker and more difficult to lighten than the biting edge. It is important for the bleach to cover this area. The eye teeth are usually darker than the incisor teeth. Try to minimize biting or chewing on trays, as well as eating or drinking while trays are in your mouth. Sensitivity of the teeth to cold is common. It is possible to have non-specific sensitivity in the teeth, gums, lips, or throat. If any of these symptoms occur and are more than mild, discontinue the treatment until you speak to our office. The symptoms will subside in 1 to 3 days. In more severe cases of

tooth sensitivity, you may be prescribed a fluoride gel in conjunction with the bleaching gel. The amount of whitening is limited. It takes 10 to 14 applications for the maximum effect to be achieved. Often 5 to 8 days are all that is necessary. It takes about two weeks after treatment completion for the color to mature. The color will be a little bit darker and less chalky than at the end of bleaching. Whitened teeth will always be lighter than they were prior to the treatment and some patients will never need to repeat the process. The gel is stable for 2 years. Bleaching will not alter the shade of porcelain crowns, resin fillings, or bondings. Some bonding may be removed prior to bleaching, and replacement fillings or crowns may be planned after bleaching. Some fillings may leave a dark silver stain color in your trays. This is normal. Minimizing foods and beverages that stain, such as blueberries, coffee, tea, colas, and red wine can hasten the bleaching results. Cigarettes and other tobacco habits are also a factor. It is **not** recommended to smoke, eat, or drink while the bleaching trays are in your mouth.

Please bring your bleaching trays with you at “bleaching check” visits.