

SMOKY HILL DENTAL
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“AT HOME” TOOTH BLEACHING

Hydrogen peroxide has been used for many years to bleach teeth. The dentists used heat and/or light to accelerate the bleaching action. In recent years, however, a highly effective technique has been found that allows patients to bleach their teeth at home-although only when supervised.

The “at home” technique of bleaching teeth does not require heat or light, and it allows you to monitor your own progress. The amount of color change depends on the length of time you wear the tray each day and the number of weeks you continue the treatment. The results can be unpredictable. Although effects may be noticed as early as a few days, a maximum of two weeks is suggested for optimum color. Peroxide bleaching in custom-fitted trays is the fastest and most painless method known.

THE PROCEDURE:

1. Brush and floss your teeth, in order to clean them before placement of the tray.
2. Place one or two drops of bleaching gel on the front side of the tooth in the tray to be bleached. Use the gel only in the tray provided by us to fit your teeth.
3. Place the tray firmly over your teeth. Wipe out excess gel with a washcloth or tissue, and wear the loaded trays for 30 minutes.
4. Do not eat or drink while bleaching.
5. To receive maximum bleaching potential, the trays should be worn 1 to 2 weeks.

POSSIBLE SIDE EFFECTS:

1. Some patients have reported that teeth become cold sensitive or a dull ache especially the lower front teeth for a short time during treatment. The discomfort normally does not last for an extended time. If, however, your teeth continue to be sensitive, stop using the bleaching gel and the discomfort should subside.
2. Your gum tissue may react to the bleaching gel. If it does, simply decrease the amount of bleaching gel in the tray.