

Please read these instructions carefully before you begin your at home whitening and contact our practice if you have any queries.

#### Existing Dental Work

**Tooth Whitening (bleaching) gel will only whiten natural teeth.** It will not whiten nor harm bonding, caps, crowns, bridges, fillings or any other artificial dental work. You may have to have the dentistry redone in order to match your new white teeth. Tetracycline antibiotic stained teeth or grayish teeth are more difficult to bleach and have a varied prognosis. Exposed root portion of teeth which occurs with gum recession will also not bleach. If you have amalgam (silver) fillings in, near or behind the front teeth, long term bleaching can cause the surrounding tooth to have a greenish tinge. Bleaching teeth which have a lot of translucency (see through) can cause the teeth to become even more translucent and may give the tooth a darker appearance. It is important to consult a dentist if you have any of the above concerns.

#### Sensitivity

Your teeth or gums will most likely become sensitive. This is common while using all products containing peroxide based gels and it is not harmful. In case of increased sensitivity reduce usage time and/or frequency until the sensitivity subsides. Due to the high prevalence of sensitivity, the routine use of a desensitizing toothpaste or **GC Tooth Mousse** following bleaching may be used.

#### Warnings

Keep bleaching gel out of reach of children. Do not use if pregnant or during nursing. Do not smoke, drink or eat while bleaching your teeth.

#### Usage Instructions for Professional Dental Whitening Gel

It is important that you apply the teeth whitening gel properly so you do not waste any of the gel and that you experience the least amount of sensitivity while using the gel.

##### 1. Prior to Treatment:

Brush and floss just prior to bleaching your teeth. The whitening gel is the most effective with clean teeth. Try the trays in first without any bleach to check the fit and comfort. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process

##### 2. Applying the Whitening Gel:

When you apply the gel make sure not to fill the trays. Place a SMALL drop of tooth whitening gel half way up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. Recap the syringe for next treatment until empty. The average treatment per arch requires approximately 0.5ml of whitening gel. I recommend that you only bleach the front 8-10 teeth as no one sees the back teeth.

##### 3. Inserting the Whitening Trays:

Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums, by holding the tray up with one hand, wipe the excess gel off of the gums with your finger or tissue. Wear the tray with the gel as directed below.

##### 4. Wearing Time:

I recommend that if you have not whitened before, use for 30 minutes to 1 hour the first time and increase the wearing time if there is little or no tooth sensitivity.

General manufacturers recommended wearing times are:

For Carbamide Peroxide Bleaching Gels:

10%, 15% or 16% strength can be used 1 to 2 hours once a day or overnight while sleeping if no sensitivity

20-22% bleaching gel: use for 30 minutes to 1 hour once or twice per day (do not exceed 1 hr/application).

##### 5. After Whitening:

Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning. Apply desensitizing fluoride gel or GC Tooth Mousse plus if your teeth become too sensitive.

##### 6. Caring for Your Trays and Gel:

Clean whitening trays with a toothbrush or cotton bud and cold water. Store trays in the tray holder and gel in cool dry place away from heat and direct sunlight. The gel may be refrigerated to prolong the shelf life, but do not freeze. The whitening gel should be refrigerated for long term storage. Shelf life is 1 year un-refrigerated and 2 years refrigerated. These are general recommendations and may vary between manufacturers. Please read the manufacturer's instructions. Use only in accordance with these instructions.

#### Note:

- As an average, optimum results are achieved after 20-30 cumulative hours of wear-time.
- 50% of the bleaching takes place in the first 1-2 hours.
- Conduct your whitening session once per day until desired level of whitening is attained.