



GREAT SMILES

PEDIATRIC DENTISTRY & ORTHODONTICS

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Bleaching Teeth Outside of the Dental Office

Carbamide peroxide has been used for many years to bleach teeth. In the past, application of carbamide peroxide was usually accompanied by heat and/ or light. Recently carbamide peroxide has been applied to teeth in trays at home supervised by the patient. This technique has been highly effective and does not require heat or light. There are a few negative aspects of this treatment which are described below. As with other forms of tooth lightening, it may be desirable to re-apply the bleaching gel in future years.

PATIENT INSTRUCTIONS:

1. One to two hours before bedtime, brush and floss your teeth. Rinse your mouth well.
2. Place 2-3 drops of bleaching gel provided for you into each space in the tray for every tooth to be lightened.
3. Insert tray into mouth over the teeth, expectorate excess gel and foam, and wear the tray for 1 or 2 hours.
4. Rinse tray after use and tip it upside down to allow it to dry before your next use. You may brush your teeth with a fluoride containing toothpaste and mouthrinse if desired.
5. Some patients may experience slight sensitivity of teeth and gums when custom tray and gel are placed on teeth. Discontinue bleach if your teeth become excessively sensitive or if you should notice any excessive gum irritation or other negative aspect of treatment occurs. Please notify us of any problem immediately.

The average time for optimum color change using this technique is 6 weeks, although effects usually begin to show as early as a few days. Observation appointments are necessary every 14-21 days to check your progress and fine tune the wearing time for best results in your individual case.

INSTRUCTIONS FOR PATIENTS WHO ARE IN A HURRY

In addition to using the bleaching trays 1 -2 hours per day, you may decrease the total days necessary for your bleaching by applying the solution in your trays for several extra sessions daily. Any convenient time during your day is acceptable. (Most patients find that 1-3 sessions per day is fine.)

I HAVE READ AND UNDERSTAND THE ABOVE DIRECTIONS AND CAUTIONS

Signed: _____ Date: _____