

Bright Dental Care

Cosmetic & General Dentistry / Implants

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Home tray bleaching.

- Recommended formula : 35% Opalescence Whitening Gel
- May choose other gel. Make it sure to follow manufacturer's instruction. All bleaching gel can cause burning or pain.

Patient Instruction

1. Brush your teeth
2. Load gel into your tray. Do not over fill.
3. Insert tray and adapt tray sides to teeth.
4. Recommended wearing time. 2 hrs. Minimum 15 min. Max 4 hours. May use twice a day. Follow manufacture's instructions.
5. Clean tray with soft brush and cool tap water. Store tray in case provided.

Bleaching effect.

- Dehydration. Initial bleaching is usually dehydration of surface. Effect does not last long.
- Conditioning and Deep bleaching. Deep bleaching, esp. when using first time need time. Teeth need to be conditioned and deep bleaching follows. Recommended initial bleaching is 2 weeks.
- Maintenance touch up. As needed after initial bleaching. Bleaching is not one time process. It has to be maintained.

Precautions

- Pregnant women should not bleach.
- Keep bleaching gel out of heat/sunlight. Do not freeze.
- Do not use tobacco or eat colored food while bleaching.
- Teeth are naturally darker along gumline. These area may require more time to bleach and usually remain slightly darker.
- Regular dental checkups and cleanings are important before and after bleaching.
- Keep bleaching gel out of reach of small children.
- Composite filling will not change color. Should filling be replaced after bleaching it has to be at least 2 week after bleaching is stopped.

Common complications

- Sensitivity : use desensitizing toothpaste on bleaching tray for 30 min. or stop bleaching for 2 days and resume.
- Pain (Zingering) : Hammering shooting pain can occur, usually on small teeth or lower anteriors. It usually happens one or two days after use. When it happens, stop using bleaching for 2 days and resume. No permanent damage has been reported.
- Gum burning: It may happen when tray is over filled, or gel touches gum. It may cause pain on gum. When it happens, remove tray and wash and brush. It usually go in couple of hours. No permanent damage reported.

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