

Teeth Whitening- Patient Instructions

What you need:

1. Transparent bleaching night-guards.
2. Bleaching gel.
3. Color free fluoride mouthwash, Elmex Green for sensitive teeth.
4. A fluoride dental floss, preferably without wax, or a fluoride dental pick (should buy separately).
5. A white toothpaste with fluoride.

How to use:

1. Brush your teeth well.
2. Put a reasonable amount of gel into the intended place as instructed by your dentist.
3. Wipe teeth well using a tissue or a towel.
4. Put the night-guard on your teeth.
5. Suck in the air in your mouth like a vacuum.
6. In case excess gel seeps out of the night-guard remove it with a Q-tip. Next time use less gel.
7. In case of large air bubbles in the night-guard it's possible you've put too little gel. Next time use a little more.
8. Put on the night-guard for 2 to 4 hours. After two days of treatment, if there's no newfound tenderness, you can wear the night-guard overnight.
9. Avoid eating, drinking or smoking while wearing the night-guard.
10. Take off the night-guard, wash with cold water and put in a box.
Leave the box open!
11. Wash your teeth with a white paste which contains fluoride.
12. Use fluoride dental floss or dental pick between the gaps of the treated teeth.
13. Use color-free mouthwash containing fluoride.
14. For 4 hours after the treatment avoid eating and drinking brightly colored foods and beverages that might stain your teeth, like wine, coffee, tea, beets etc.

Checkup

When done with the syringes given to you, call the clinic and set an appointment for a brief checkup on the whitening progress.

Possible side-effects of the procedure

1. You might experience light pain in the teeth during and after the treatment. The sensitivity will disappear a few weeks after the end of treatment. The pain can be eased with fluoride mouthwash. If you experience major pain call the clinic immediately.
2. Due to the change in teeth color reconstructions, filling and/or crowns in the treated areas might not match anymore and will have to be replaced.
3. With time you might feel your teeth losing their newfound sparkle- which requires another seating or two with the treatment solution.