

# 21st Century Dental

## At Home Whitening

Hydrogen Peroxide has been used for many years to bleach teeth. In the past, application of hydrogen peroxide was usually accompanied with heat and/or light. Recently peroxide has been applied to teeth in trays at home, supervised by patients. This technique does not require heat or light. The average time for optimum color change to occur is about 14 consecutive days, although effects should be noticed as early as the first week.

### Patient Instructions

- 1.) At bedtime, brush and floss teeth. Rinse mouth well.
- 2.) Place a small “drop” of gel into each tooth space, for every tooth to be whitened. For example, you cannot see your molars when you smile, you do not have to whiten those teeth unless you chose to do so.
- 3.) Insert tray into mouth over teeth, expectorate excess gel, and wear tray for at least four hours. The trays may be worn for longer; however the bleach is only active during the first four hours.
- 4.) Rinse tray after use with cool water only. Warm water can warp and disfigure trays causing improper fitting.
- 5.) Clean teeth as usual. Fluoride-containing toothpaste and/or mouth rinse can be used for discomfort.

An ideal time for bleaching is 14 days consecutively. However, if discomfort occurs you can alternate days. Ibuprofen can also be taken for sensitivity. It is recommended for optimal results, that during bleaching you do not consume staining foods such as coffee or red wine. If such foods or drinks cannot be avoided, please brush or rinse your teeth as soon as possible and understand that it may affect the final results.

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Patient Signature

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Printed Name

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Date