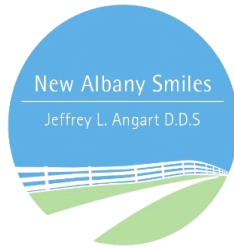


# OPALESCENCE WHITENING INSTRUCTIONS



***Congratulations on making a significant improvement in your smile!*** This home system is quite easy to use; in fact, if you follow a few simple rules, you can optimize your results in just several weeks. There are also a few things we would like for you to be aware of, that are very important to the safe use of this product. In sharing the following information with you, it is our goal to help avoid or minimize certain side effects that can compromise your results. We also want to reduce the possibility of irritation to your teeth and gums. Please read through the following guidelines for use of your home bleaching kit.

## **GUIDELINES TO FOLLOW:**

- Be sure your tray fits comfortably.
- Use one third of the tube per arch, or two thirds of a tube for the upper and lower arches combined. We will prescribe the correct concentration for your treatment and may modify the prescription at follow-up visits.
- Wear the tray for the prescribed amount of time, using the below chart as a guideline. Be sure to attend your check appointments at the suggested times.
  - **10% gel Overnight (8 – 10 hours)**
  - **15% gel Overnight or 4 – 6 hours per day**
  - **20% gel 2 – 4 hours; up to twice daily**
  - **35% gel 30 minutes once daily**
- After whitening for the appropriate timeframe, remove your tray and rinse twice with water before swallowing.
- When removing the tray, clean and rinse it immediately with cool water and a toothbrush (no toothpaste). You can also rinse the tray with mouthwash to freshen it. It's also a good idea to store the tray in a moist environment. Remember to refrigerate the bleach itself to preserve its strength.
- Avoid food that may stain your teeth, including coffee, red sauces, grape and orange juices, etc. Note: you don't need to completely remove these items from your diet. Just remember to brush immediately, once you've finished eating.
- Be aware that existing dental work is not susceptible to any kind of bleach and does not lighten or change shades. Consequently, it may require replacement.

- Your mouth needs to be healthy before treatment begins. Tooth decay must be eliminated, and periodontal disease should be under control. There should also be no tooth sensitivity where gums are recessed. Please let us know if you are experiencing any such sensitivity..

**Note:** We expect your final, lightened shade to regress about 10% -20% within 1 – 2 weeks after whitening. This is normal as the teeth begin to rehydrate.

**POTENTIAL SIDE EFFECTS:** (Under our supervision, these are easy to address)

- **Cold sensitivity** is caused by the action of the peroxide in the lightening formula. If you experience sensitivity, we will usually decrease the frequency or strength of the peroxide gel formula. We'll also give you a prescription for fluoride or an increased fluoride and potassium nitrate in your toothpaste which will quickly alleviate sensitivity.
- **Gum tissue irritation** can be caused by an ill-fitting tray or by not wearing it properly. Irritation can be reduced by proper wear and dispensing the correct amount of solution.
- Although rare, **over-bleaching** is a serious concern. Some patients over-bleach to try to achieve an impossible shade; however, this discolors the teeth and makes them translucent. Furthermore, if teeth are bleached too light, it may be difficult to match additional dental work later on.

#### **AFTER CARE:**

You may purchase bleaching gel refills as long as your trays still fit correctly. Shade changes can occur as a result of extrinsic stains that occur after your teeth are bleached. Practicing good oral hygiene will help maintain your new smile. This includes frequent dental cleanings and avoiding foods or habits (like smoking) that will darken your teeth. Besides good home oral care, monthly or bi-monthly tray bleaching is recommended to maintain the optimal result.

Future dental treatments can begin a few weeks after the bleaching is completed and the lightening has stabilized. And, don't forget that a 10-20% lightening regression will likely occur.

If you choose whitening, the procedure will only be effective if you closely and correctly follow the instructions given and conscientiously wear your whitening trays at home as directed.

If you experience significant discomfort or any other problem that prevents you from wearing your whitening trays as directed, please do not hesitate to contact our office at (614) 775 – 0840. An afterhours number is available on our office voicemail should you need it.