

ARROWHEAD LAKES DENTISTRY

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**THIS INFORMATION IS FOR GENERAL USE ONLY.
YOUR INDIVIDUAL SITUATION MAY VARY.
CONSULT YOUR DENTIST FOR SPECIFIC
RECOMMENDATIONS.**

BLEACHING TEETH

This technique has been highly effective. At this time, bleaching tooth outside of the dental office in custom fitted trays is the easiest, and most painless method known.

POTENTIAL SIDE EFFECTS: The experience of tens of thousands of patients using home bleaching has shown the following occasional side effects:

1. **Tooth Sensitivity:** A few people experience tooth sensitivity. This condition is reduced if bleaching times are reduced, or it is eliminated if bleaching is discontinued.
2. **Gum Tenderness:** Occasionally, gum tissues become irritated, and sometimes there is a mild sloughing of the superficial layers of the gums. Reduction of bleaching time or elimination of bleach stops the sloughing.
3. **Discomfort in Jaw Joints:** If bleaching trays are worn too long during any given day, this condition may occur. It is reversible when the bleaching trays are removed.

PATIENT INSTRUCTIONS:

1. One or two hours before bedtime, brush and floss teeth. Rinse mouth well.
2. Place a small amount of bleaching gel into each space in the tray for every tooth to be lightened.
3. Insert the tray into your mouth over the teeth, expectorate excess gel and foam, and wear loaded tray for 1 hour.
4. Remove the tray, reload the tray, replace it, and wear it for another hour. At your convenience, you may wear it just the next hour or wear it all night while you sleep.
5. Rinse the tray with tap water after use, and tip it upside down to allow drying before next use. Fluoride containing toothpaste and mouthrinse may be used if desired.
6. Discontinue bleaching if tooth sensitivity, gum irritation, or any other negative event occurs. Notify us of the problem immediately, and we will advise you.
7. If you are bleaching both arches, do one arch first to the desired result and then bleach the other arch to match the first.

You have observed and we have recorded the color of your teeth at the initiation of bleaching. We will monitor the color changes with you and will advise you when bleaching is completed.

The average time for optimum color change to occur when bleaching 1-2 hours per day is 3-4 weeks, although effects may be noticed as early as a few days. Brown, orange, and yellow stains bleach faster and easier than blue or grey stains. Observation appointments are necessary every 10-14 days for us to check the progress of the bleaching.

Occasionally, a few additional touch-up bleaching sessions may be needed to retain the desirable bleached shade of the teeth. We will advise you of this need at your regular check-up appointments. If you have any questions, please contact the office.