

**Bronte Road Family Dental
Cosmetic Bleaching Instructions**

One of the most effective bleaching methods is to use custom fit trays with a prescribed bleaching agent. Almost all bleaching methods use the same agent (carbamide peroxide) but there are notable differences in the concentration of the gel available over the counter or in the one hour bleaching techniques. Bleaching is safe and has very little effect on the enamel. The bleaching gel goes through the entire tooth and bleaches the entire structure. The concentration of the whitening gel is %22 carbamide Peroxide. Please visit <http://www.polawhite.com/en-AU/poladay-polanight> for more information about the whitening gel.

Use of the trays: The supplied gel should be enough for approximately 7-14 applications. Dispense a proportioned amount into the tray focusing most of it in the reservoirs on the front side of the front teeth where the effect will be most visible. Use a finger to spread it evenly in these areas. Seat the tray over the teeth and wear for 45 minutes to 2 hours at a time. Clean any excess gel off the gums using the provided gauzes. You don't need to use so much gel that it overflows the tray. Always keep the trays after whitening session with water and brush. Rinse your teeth with clear water.

Sensitivity: Almost everyone experiences temporary sensitivity. This happens because staining accumulated around the root of the tooth gets oxidized away leaving a sensitive, unprotected root surface. You may wish to bleach every other day and use a toothpaste designed for sensitive teeth during this time. Sensitive toothpastes don't work immediately. They require a few weeks to provide their benefit. Don't rinse the toothpaste off your teeth as the contained fluoride and potassium nitrate more effectively desensitize when left on for longer periods of time. Avoid "whitening toothpastes"; they don't bleach the teeth and work by abrading tooth and stain away causing undue recession and sensitivity.

Results

You will likely see your teeth getting whiter after the 3rd application, there are several factors to influence the results:

- 1) Starting condition and color of teeth: Teeth that start with a fairly 'grey' shade or have heavy 'internal' staining (such as tetracycline stains) are considerably more difficult to treat successfully and will take more specialized treatment and longer treatment time. Gray stains are harder to whiten than yellow/brown stains
- 2) Concentration of solution: The higher the concentration, the quicker the results. Although you risk having more sensitivity with the higher concentrations. If you have not had a problems with sensitivity, you can switch to higher concentration, but make sure you stop immediately and contact your dentist if you should start feeling sensitivity. To get faster results you can use the gel for 1.5 hours every day.
- 3) The type of teeth staining food/substances you consumer during and after your bleaching treatment: Food and drinks that contain colors (coffee, tea, wine, and colored juices tend to stain the teeth). Smoking should be stopped too.

Other hints: You may wish to try bleaching the upper arch first in order to compare the difference with the lower teeth. Once a sufficient contrast is obtained, simply bleach the lower arch to match. Keep your casts and trays in a safe place once bleaching is completed so that you can "touch-up" at a later date. Trays work well for fluoride therapy (ask the dentist) and will continue to fit unless subsequent dental work or tooth movement make their fit poor.

Should you have any questions, please feel free to call us at (905) 465-0026 or email: ask@oakvillefamilydental.com

Regards,
Dr. Max Dawabshe and the staff