



Whitening Instructions/Tips

- Two Materials Whiten teeth
 - Hydrogen Peroxide
 - Carbamide Peroxide (Lower Concentration Hydrogen Peroxide w/ Urea)
- We recommend Carbamide Peroxide over products with solely Hydrogen Peroxide b/c:
 - Less tooth and gum sensitivity
 - Longer lasting whitening effect
- If done correctly with the right concentration and duration, Whitening DOES NOT weaken your teeth nor will it wear down your enamel or make you more prone to cavities.
- Whitening will stain/bleach dark appearing bacteria/plaques/stains and turn them white.
- Whitening gel also penetrates your teeth and lightens the appearance of your Dentin layer (the yellow inner portion of your teeth).
- Parts of teeth whiten at different speeds and your teeth can appear blotchy during treatment. It will blend out over time with continued treatment
- Teeth have a 'whitening' limit where they will not get any whiter no matter what. Everyone is different and have different levels of whitening they can achieve.
- LED lights used for whitening works by speeding up the Carbamide or Hydrogen Peroxide process and makes for a faster whitening result.
 - Lights makes your teeth appear whiter faster because it also dessicates (dries/dehydrates) your teeth. Excessively drying your teeth is not advised.

INSTRUCTIONS

1. Have impressions done for fabrication of custom whitening trays or use *Invisalign* Clear Aligners/Retainers as your custom whitening trays - Or order high concentration (35% Carbamide Peroxide) with stock trays.
2. Select concentration and timeframe in which you would like to whiten your teeth:
 - a. *Opalescence* PF 10% - wear for 8-10 hours overnight with custom trays.
 - b. *Opalescence* PF 15% - wear for 6-8 hours overnight with custom trays.
 - c. *Opalescence* PF 35% - wear for 25-30 minutes with custom or stock trays.
3. Usually each *Opalescence* tube lasts 2-3 nights/whitening sessions.
4. It is recommended to buy 2-4 tubes and store them upright in your fridge at all times.
5. Assess tooth and gum sensitivity. Some people can go right into whitening and their gums and teeth have little to no sensitivity. Some people are very sensitive. To be on the safe side and to avoid sensitivity:
 - a. buy Sensodyne or *Colgate Sensitive* toothpaste and place small amount in your whitening trays (if you don't have custom trays then wipe on teeth and gums without tray and do not rinse) and wear overnight for 14 days before you start whitening to minimize sensitivity. It is a long time but it definitely helps.
6. Using your custom whitening trays or *Invisalign* Aligners/Retainers.
 - a. Place the whitening gel in single pearl droplets per tooth or in one continuous band in the trays in the tooth wells you want to whiten.
 - b. Place trays in and wipe the excess gel with a moist paper towel.
 - c. Note that teeth with crowns, veneers, & fillings will not whiten or change color. But teeth WILL whiten under your buttons/attachments (if currently in *Invisalign* treatment).
7. Whiten your teeth until you are a shade brighter than your desired result (a little brighter than the whiteness of your eye is a good color match) because over the next 2 weeks your teeth will 'rebound' down one shade darker.
 - a. Normal Treatment time is anywhere from 3-8 days. Do not exceed 8 days in a row without consulting your Dentist.
8. If desired results aren't achieved then consult with your Dentist for more options.