

# Instructions for Tooth Bleaching

May 10, 2017

For:

Answers to commonly asked questions:

## What is the composition of the gel used to bleach?

The gel is a 10% Carbamide Peroxide/Hydrogen Peroxide in a glycerin base with fluoride and potassium nitrate added to reduce sensitivity. If you know of any allergy or adverse reaction to this ingredient, do not proceed with treatment. This solution has been used for years as a relief for mouth ulcers but the FDA has not acted on their use as home bleaching products.

## How quickly will my teeth lighten?

Usually after a week major change is noticed but it may take six weeks (and in some instances longer) to finish the processes. The amount of whitening varies with the individual. The average patient achieves considerable change within 1 to 4 weeks.

## Will my teeth bleach evenly?

Generally, yes, but not always. White spots may turn temporarily whiter and thicker portions of the tooth may be slower to lighten. Most of the time the shade evens out by the end of treatment.

## Are there side effects to the treatment?

Sometimes. Tooth sensitivity, soft tissue ulcers or peeling, nausea, sore throat and jaw joint problems have occurred in some patients. Most can be overcome if you let us know if you experience any of them.

## How long will my teeth stay lightened?

We do not know for sure. As it looks now the changes are permanent but foods and other substances, such as coffee, tea, and tobacco use, will stain the teeth over time as they did before. Some relapse is normal a few days after you are finished bleaching your teeth as the teeth regain water. Avoid eating, drinking or using staining substances during the bleaching process - and after to avoid relapse.

## How do I lighten my teeth at home?

First, floss and brush thoroughly. The bleach must be able to contact the tooth surface.

Place a thin line of gel in your mouthguard. Spread it around if necessary to evenly distribute the gel. Each tooth impression should have a small amount of gel.

Insert the mouthguard over your teeth and press to seat it fully. If the gel overflows use less next time and expectorate the excess. You just need a film of gel between the mouthguard and the teeth. Two tubes should last about one week.

The best time to bleach your teeth is while you are asleep. The gel stays active for hours and your salivary flow is much less. If you would like to see better the contrast, start by doing only the top teeth and add the bottom teeth after 5 to 7 days. **Do not skip a day.** This significantly slows the process.

You should have enough gel to complete the full course of treatment. If you run out we can supply you with more at our cost (\$32.00 for 4 tubes).

Your teeth now are close to the Shade Tab \_\_\_\_\_

I have read the above information. I agree to return for examination in \_\_\_\_\_ days after treatment begins and at any recommended time afterwards. I have read and received a copy of the instruction / information sheet. I understand the directions and information and had the opportunity to ask questions. I consent to treatment and I assume the risks described above.

Sign: \_\_\_\_\_  
Chris Moldovan

Dr. Michael O. Vernon  
Dr. Chris Moldovan  
Dr. Katherine Boone  
Office Telephone Number -  
**706-860-0518**

After hours use this same number and you will be told how to contact us.

## Special Instructions

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