LONDON DENTAL ARTS

INSTRUCTIONS
TEETH WHITENING

Tooth Whitening (bleaching) gel will only whiten natural teeth. It will NOT bleach (whiten), nor harm bonding, caps, crowns, bridges, fillings or any other artificial dental work. You may have to have the dentistry redone in order to match your new white teeth. Tetracycline (an antibiotic) stained teeth or grayish teeth are more difficult to bleach and have a varied prognosis. Exposed root portion of teeth which occurs with gum recession will also not bleach. If you have amalgam (silver) fillings in, near or behind the front teeth, long term bleaching can cause the surrounding tooth to have a greenish tinge. Bleaching teeth which have a lot of translucency can cause the teeth to become even more translucent and may give the tooth a darker appearance.

It is important that you apply the teeth whitening gel properly so you do not waste any of the gel and that you experience the least amount of sensitivity while using the gel.

Prior To Your Treatment

Brush and floss just prior to bleaching your teeth. The whitening gel is the most effective with clean teeth.Try the trays in first without any beach to check the fit and comfort. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.

Applying the Bleaching Gel

When you apply the gel make sure not to fill the trays. Place a SMALL drop of tooth whitening gel half way up on the inner front surface of the tray (in the front of each tooth in the tray). Do not spread the bleach around. Recap the syringe for the next treatment until empty. The average treatment per arch requires approximately 0.5ml of whitening gel. We recommend that you only bleach the front 6-8 teeth as no one sees the back teeth.

Inserting the Bleaching Trays

Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums, by holding the tray up with one hand, wipe the excess gel off of the gums with your finger or tissue. Wear the tray with the gel as directed.

Wearing Time

Over night, perhaps start with 2-3 hours and then gradually build-up.

Keep bleaching gel out of reach of children. Do NOT use if pregnant or during nursing. Do NOT smoke, drink or eat while bleaching your teeth.

Sensitivity

Your teeth or gums could become sensitive. This is common while using all products containing peroxide based gels and it is not harmful. In case of increased sensitivity reduce usage time and/or frequency until the sensitivity subsides. If the sensitivity is sever, fill the bleaching trays with normal toothpaste and wear the trays for 15-20 minutes then take the trays out, brush and rinse your teeth and trays and then continue with tooth whitening as instructed.

White spots prior to whitening procedure

If your teeth have white spots prior to tooth whitening, these spots will appear whiter and brighter in the first a few days. With continuous whitening these spots will gradually become less visible and eventually disappear. In some cases the spots will not disappear and they require further treatment such as microabrasion. Please ask the dentist for further information.

If you have any concerns or require additional guidance during your teeth whitening process, please do not hesitate to contact the clinic on 0203 143 0080 or email contact@londondentalarts.co.uk.