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INSTRUCTIONS FOR TEETH WHITENING WITH OPALESCENCE:

BEFORE TREATMENT:

- * Brush with Sensodyne prior to whitening; follow your normal oral hygiene routine of brushing and flossing.
- *Use a “Pea Size” amount of whitening material inside each tooth space of the tray
- * Insert tray and adapt sides of tray against teeth. Remove any excess gel that exudes onto the gums with a clean tissue or soft toothbrush
- *Wear trays for 1 hour

DURING TREATMENT:

- *Some patients experience tooth sensitivity and/or temporary discomfort of the gums during the whitening process. If this occurs, consider waiting 1-2 days between treatments and/or shortening the length of each whitening session. These side effects will usually subside within 1-3 days after treatment is discontinued.
- *The use of Sensodyne toothpaste will help minimize discomfort during treatment. If sensitivity continues to persist, contact us.

AFTER TREATMENT:

- *Brush with Sensodyne once done for up to 10-14 days, in order to prevent irritation.
- *Clean tray with soft toothbrush and cool tap water and store trays in case provided.
- *If you are bleaching your teeth prior to cosmetic dental procedures such as bonding, crowns or veneers, ideally 2 weeks should be allowed for color stabilization after completion of whitening. This gives us the highest probability of success with the shade matching of your restorations to your newly whitened teeth.
- *Maintain your new whiter smile by practicing good oral hygiene, avoiding tobacco use, and limiting consumption of hot tea, coffee, red wine, etc. The longevity of the whitening effect is quite variable due to these factors, but will typically last 1-2 years. Ask us for advice when you feel your teeth need a “touch-up”

EXPECTATIONS:

- *The whitening gel is only effective on natural teeth and will not change the shade of existing tooth-colored fillings, crowns or veneers. Please be aware that these restorations may require replacement after whitening is completed – ask us for details before you start!
- *Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and remain slightly darker even after treatment.
- * Please understand that whitening is a cumulative process and may require multiple treatments before results are noticeable.

Be patient and follow our instructions and you'll be on your way to a whiter smile!