

**BAILEY FAMILY DENTAL
AND BRACES**
HELPING PEOPLE THROUGH DENTISTRY

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ABOUT DENTAL WHITENING

Dental whitening products come in several different brands and strengths, from 10% to 35% carbamide peroxide and from 8% to 15% hydrogen peroxide. We currently carry the Opalescence™ brand with a selection of 10%, 15%, 20% and 35% carbamide peroxide to be used with custom-made trays for at-home use. We also carry the 3DWhite Professional Supreme Crest™ Whitestrips™ to be used at home.

Most tooth-whitening treatments can be very similar. However, make sure the brand or type you choose has a neutral pH or it will break down any tooth-colored fillings. Also, a thicker viscosity of gel would help so that it does not flow onto your gum tissue and excess is not swallowed.

WHICH SYSTEM ARE YOU A CANDIDATE FOR?

A simple evaluation can determine if you are able to whiten and which type of system would best fit your needs and desires. There are a few types we work with in our office. The first system involves custom-made trays to intimately fit your teeth. At home, you place the whitening gel in the trays and place them in your mouth for 2 hours, doing 10-14 applications (only for first timers). For some, their stain and darkness require us to do an “in-house” session using a much higher percentage whitener and then proceeding with the home custom-tray system. We also carry the Whitestrips™. One box provides 14 strips for both the upper and lower teeth to be worn 1 hour daily for 14 days.

Teeth will always want to return to their natural shade. Therefore, you will need to consider purchasing more strips or syringes of gel for custom trays to do “touch-up” whitening. Just as you cannot predict how quickly someone could “lose a suntan,” some patients do “touch-ups” once a month, and some do once every 6 months to maintain their desired shade.

If you desire some esthetic bonding to change your smile, whitening would be completed first to determine proper shade of bonding. Remember, new custom trays may be needed after bonding is completed due to newly- shaped teeth not fitting old trays.

It is very important to have old “leaking” fillings replaced prior to whitening in the posterior region of your mouth. This way no new trays will be needed to be made for a proper fit, and there will be no issues of the whitening gels leaking under fillings.

Once you begin whitening, results begin to show after a few treatments. An advantage to the custom-made trays is the cost includes a tube of MI Paste™ and tube of Fluoridex™. These are products that promote and help with the whitening, and most importantly, help with keeping tooth sensitivity to a minimum. If you would like to use the Whitestrips™, you may purchase the above products here at the office to use as well.

Please feel free to ask staff if you are a candidate and to help answer any of your questions.

WHITENING INSTRUCTIONS

Store syringes of whitening gel in the refrigerator.

To keep sensitivity to a minimum, please follow these simple steps:

1. Take one Aleve™ (naproxen sodium) with breakfast and dinner. (If unable to use Aleve™, then ibuprofen)
2. Replace your current toothpaste with MI Paste™ and use in morning and before bed

Using ¼ of syringe per arch, place whitening gel evenly inside the front of each tray. DO NOT include molar teeth or teeth that are crowned.

Place the trays into mouth until fully seated. WIPE OFF ANY EXTRA whitening gel with a wet tissue. There should be no excess gel left on the gum tissue. This could cause gums to be irritated. Wear trays for 2 hours.

Do NOT eat or drink while wearing trays. Water through a straw is permitted.

After removing trays, rinse mouth well (gel is sticky and may require removal with toothbrush). Now brush with Fluoridex™ for 2 minutes. Brush (or use Q-tip™) to remove gel from inside of trays. Do not eat or drink for 30 minutes after fluoride toothpaste is used.

After initial 10-14 applications are completed, touch-up treatments are needed. If desired and no issues of discomfort, wear trays overnight. Be sure to follow up using MI Paste™ and Fluoridex™. If the overnight is not tolerable, then follow the 2-hour treatment for 1-2 days.

Whitening may cause temporary cold sensitivity for teeth and gum-tissue soreness. Ideally you would whiten for 10-14 days consecutively, if possible. If you cannot tolerate the recommended applications, please call the office. We may alter trays or regime to help you through the process.

Results should be seen with first few applications! Re-whitening “touch-ups” will be necessary to maintain new shade. As long as trays fit properly, the cost is ten dollars for a tube of gel when needed.