

INFORMATIONAL USE ONLY

**BLEACHING TEETH
OUTSIDE THE DENTAL OFFICE**

Hydrogen peroxide has been used for many years to bleach teeth. In the past, application of hydrogen peroxide was usually accompanied with heat and/or light. Recently peroxide has been applied to teeth in trays at home, supervised by patients. This technique does not require heat or light. Although the results of the procedure do not appear to be different from more traditional techniques, a few potential reversible negative events are described below. Also, as with other forms of tooth bleaching, occasionally upgrade bleach applications may be necessary in future years.

Patient instructions (nighttime use only)

1. At bedtime, brush and floss teeth. Rinse mouth well.
2. Place 2-3 drops of bleaching gel into each space in the tray for every tooth to be lightened.
3. Insert tray into mouth over teeth, expectorate excess gel, and wear loaded tray during sleep every night.
4. Rinse tray each morning, and clean teeth as usual. Fluoride-containing toothpaste and mouth rinse may be used if desired.
5. Discontinue bleach if tooth sensitivity, gum irritation, or any other negative event occurs. Notify your dentist with the problem immediately.

The average time for optimum color change to occur using nighttime bleaching technique is six weeks, although effects may be noticed as early as two weeks. Observation appointments are necessary every 7-10 days to check the progress of the bleaching.

Patient instructions (increased bleach time)

1. In addition to using the bleaching trays each night, you may decrease the time necessary for your bleach by applying the solution in your trays up to several 2-hour periods daily.
2. An ideal additional time for many persons is the two hours before retiring.
3. Total bleaching time per day, including the 7 or 8 hours during sleep, should not exceed 18 to 20 hours. Most patients find that 1-3 total periods per day (including night) is not objectionable.

I HAVE READ AND UNDERSTAND THE ABOVE DIRECTIONS AND CAUTIONS:

Signature

Date