



[Teeth Whitening Instructions for use of professional bleaching gel with whitening trays.](#)

Important: Please read before using teeth whitening bleaching gel

Dental Work:

The Teeth 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 to match your new white teeth. Tetracycline (an antibiotic) stained teeth or greyish 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 (see through) can cause the teeth to become even more translucent and may give the tooth a darker appearance.

Please consult us if you have any of the above concerns.

Sensitivity:

Your teeth or gums will most likely 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. Alternatively, you may switch to a lower concentration of gel.

Warnings: 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.

Instructions:

- 1. Prior to 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 bleach 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.
- 2. Applying the Bleaching Gel:** When you apply the gel make sure not to fill the trays. Place a SMALL drop of tooth whitening gel halfway up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. We recommend that you only bleach the front 6-8 teeth as no one sees the back teeth.
- 3. Inserting the Bleaching Trays:** Insert whitening trays in the mouth over the teeth set the trays firmly against the teeth. Wipe any excess gel, if it should seep over the brim of the tray onto your gums, by holding the trays up with one hand; wipe the excess gel off the gums with your finger or tissue. Wear the trays with the gel as directed below.



4. Wearing Time: We recommend that if you have not whitened before, use for 30 minutes to 1 hour the first time and increase the wearing time if there is little or no tooth sensitivity. General manufacturers recommended wearing times for “Opalescence” are:

WHITENING GEL %	Manufacturer recommended WEARING TIME	Our suggested WEARING TIME if sensitivity is minimal
35%	30-40 minutes	40 min – 1 hour
20%	2-4 hours	3-5 hours
15 %	4-6 hours	5-7 hours
10%	8-10 hours	10 hours

5. After Whitening:

Remove the trays and rinse off your teeth.

Observe the colour change on your teeth and repeat 24 hours later. If you experience sensitivity, apply desensitizing gel/ toothpaste, skip the next session and repeat 48 hours later, or contact our office for assistance.

6. Storage of Whitening gel:

Unused gel must be stored in a clean container in the refrigerator between use.

Custom trays must be rinsed clean and dry and stored in the storage trays provided between use.

We hope you get the desired result and enjoy the benefits of a beautiful bright white smile from Opalescence and Bhaskar Family Dentistry!

Happy Whitening!