

# Pall Mall Dental



Tooth Whitening

You will be given a whitening kit along with your whitening trays.

It is essential that you follow the instructions given by your dentist and the manufacturer's instructions in wearing the trays and applying the whitening agent.



# TEETH WHITENING INSTRUCTIONS

Your teeth whitening kit contains customised upper and lower trays, storage case and your whitening gels.

1 Brush and floss your teeth

2 Place a small drop of the gel into each tooth compartment in the tray as described by your dentist.

3 Place trays with the gel in the mouth making sure they are completely seated. When seating tray do not press too firmly on the tray. This will cause the whitening gel to extrude from the trays.

4 Remove excess gel from around the edge of the tray with your clean fingers

5 Wear your whitening trays for a minimum of 2 hours during the day, or overnight whilst you are asleep.

6 After whitening your teeth, remove the trays from your mouth. Brush and rinse your teeth to remove excess gel left behind.

7 Clean your trays by gently brushing them with your toothbrush and rinsing with cold water (Do not boil your trays or use hot water as this will distort or damage them). Place the trays in their storage case and keep in a cool dry place.

8 Continue the whitening process once daily until you are satisfied with the colour of your teeth.

9 Store any unused gel in the refrigerator for later use.

Whitened teeth will always be lighter than they were prior to the procedure. Although rare, some patients may need never to repeat this process. However, others will notice their teeth acquiring stains over a period of time. If so, you will need to repeat the procedure for 1 or 2 nights every 3-6 months.

The syringes contain 16% carbamide peroxide gel. Pay attention not to allow the gel to come into contact with materials as it will bleach them i.e. Pillowcases.

If sensitivity should arise stop the whitening procedure. Place some sensitive toothpaste in the trays for a few nights then return to the whitening procedure.

During the whitening procedure, avoid food that can stain your teeth, such as red wine, black or strong tea and coffee, curries etc. and obviously avoid smoking.

If you get the whitening gel on your skin, wash with soap and water. If you get it in your eyes flush with lots of water. If ingested, drink large amounts of water or milk. Seek medical attention if gel ingested or in eyes.

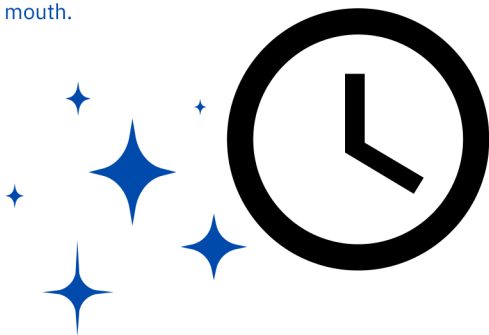
Keep away from pets and children.

## Frequency asked questions



# HOW LONG SHOULD I WEAR THE TRAYS FOR?

This depends on the amount of whitening you desire and the original shade of your teeth. If your teeth are quite dark and are very yellow/ grey/ tetracycline stained it will take longer to bleach the teeth. If you are not experiencing any sensitivity you can wear the trays for at least 2 hours a day or sleep with the trays in your mouth overnight. It is important to remove all of the excess material around the gums or palate prior to sleeping with the trays in your mouth.



Maximum effect is achieved between 1-5 weeks of whitening but if you are happy with the colour change before this then discontinue the treatment. The darker your teeth the longer it will take to get lighter.

Tetracycline stained teeth can take 6 months or up to a year to lighten.

## WHAT TO DO IF YOU EXPERIENCE TEETH SENSITIVITY?



Sensitivity is the most common side effect of home whitening. If you are experiencing any sensitivity you should stop the whitening for a few days. You should resume after 2-3 days. If your teeth become ultra-sensitive you can place a sensitive toothpaste in your whitening trays and wear them for an hour a day or overnight until the sensitivity reduces. Alternatively you can rub the sensitive toothpaste into the gum margins with your finger 5 times per day for a few days.

If you are at all concerned please call your dentist.

## HOW WILL MY TEETH FEEL?

Normally the teeth feel very clean after the bleaching process.

# WHAT HAPPENS IF TEETH DO NOT BLEACH EVENLY?

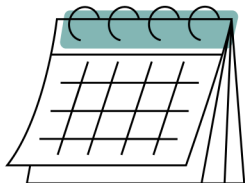
You may notice new white spots or banding with lighter or whiter areas occurring on the teeth whilst undergoing whitening treatment. These white spots and banding were already present on the teeth before whitening. As the teeth become lighter they become more visible. Do not worry. As the whole tooth becomes lighter these spots and bands will fade.



# WHAT ABOUT MY SMILE

If you have tooth coloured fillings or crowns on the front teeth that match the existing shade of your teeth before you whiten, they may not match your teeth after the procedure. This is because your teeth whiten but fillings and crowns do not. When the desired shade is achieved your dentist can replace these fillings or crowns for a lighter shade to match the new shade of your teeth. Normally your dentist will wait several weeks before changing the fillings.

# HOW LONG DOES IT LAST?



Normally the new shade of your teeth will be maintained well after the whitening has been completed. The effect is dependent on what has caused the teeth to discolour in the first place. If you drink lots of coffee, red wine, cola drinks the effect may darken teeth slightly. Some patients carry out a top-up treatment 3-6 months after the initial whitening has been carried out.

# ARE THERE RISKS INVOLVED?

Research has shown that whitening teeth using dentist prescribed home whitening technique is safe on the teeth, cheeks, gum and tissues of the mouth. The long term effects are as yet unknown: acceptance of treatment means acceptance of risk.

Whitening the teeth with the dentist prescribed kits is equivalent to drinking 1 fizzy drink.

DO NOT purchase or use any other tooth whitening products other than those issued by your dentist as these products are not regulated.

It is best to stop smoking at least 3 weeks before commencing the whitening procedure. Smoking causes the teeth to darken and is a contraindication for the whitening procedure.

DO NOT whiten your teeth if you are pregnant.

DO NOT proceed with this treatment if you have any known allergy or are aware of any adverse reaction to the whitening gel ingredients.