

## TOOTH WHITENING

Bleaching is a tooth whitening procedure that has been used in dentistry for many years. In the past it could only be done in the office; however, now it is available as a safe and effective home treatment. I have chosen this particular product because it provides the best results. The results are permanent, although touch-up treatments may be necessary.

The procedure requires an impression of the mouth be taken. A custom tray is made to wear several hours a day for 2-3 weeks. Gradual tooth whitening occurs during this time. Occasionally, if the staining is severe, a power bleaching appointment is setup at the beginning of the treatment.

### Patient Instructions

Please read and follow instructions carefully.

1. Always brush and floss your teeth before placing tray in your mouth.
2. Place one drop of whitening solution on the front (facial) aspect of each tooth in the tray and place in the mouth. When the tray is seated onto the teeth properly, some of the excess solution may overflow out of the tray. You may expectorate the extra solution.
3. Wear the tray one half to one hour at a time, after which time remove the tray from the mouth and rinse the tray out, rinse your mouth out with water and reload the tray with solution. Place tray back in the mouth and repeat these steps up to six hours per day, adding new solution once before bedtime.
4. Expect your teeth to be slightly more sensitive than normal. If this occurs while placing tray in the mouth, simply remove the tray, rinse your mouth out with water and try again with less solution. If the teeth are still too sensitive, wait until the following day to resume whitening and/or cut down on the amount of solution used.
5. Try to minimize coffee, tea, smoking, red wine, and berry pie intake. These beverages and foods stain teeth and will work against the whitening.
6. Dr. Abate will monitor the tray every two weeks at an appointment until the proper amount of whitening is achieved.
7. Compliance is the key factor here! The more you can wear the tray, the better and quicker the results will be.