

NORTHWEST DENTAL CENTRE

WHITENING INSTRUCTIONS

Congratulations. You have purchased the most advanced tooth-whitening product on the market today. Northwest Dental Centre is on the forefront of dental technology and provides the most effective method to whiten your teeth.

Teeth stain during our lifetime due to consumption of a variety of foods and drinks (coloured soda, coloured food, coffee, tea, red wine, berries...) New technology of teeth whitening has enabled us to whiten your teeth without any change or damage to the tooth structure. Results will depend upon the present coloration of your teeth and the amount of time the whitening appliances are worn. Typically, golden colored teeth have the quickest and nicest results, whereas tetracycline stains, fluorosis, and gray colored teeth take longer, and are more difficult to whiten.

Tooth whitening is not permanent, so it is important to keep your trays in a safe spot for touch-ups. Touch-up whitening may be administered after a hygiene visit for one to two sessions as needed, usually every six to twelve months. The shelf life of the whitening gel is long, but it is best kept refrigerated to extend the shelf life.

Before you whiten your teeth, you need to know:

- A thorough exam and cleaning is recommended. Clean teeth whiten best, and it is advisable to check for any potential problems before whitening.
- Crowns and other artificial tooth-coloured restorations will not whiten and may require replacement upon completion of treatment. Evenness and the degree of whitening is impossible to predict.
- If you are planning to have any other cosmetic procedures done, whitening the teeth should ideally be done first.

What to Do:

- Brush and floss your teeth before whitening.
- Syringe a small drop (a little bigger than the O on this page) on the front inside surface for each tooth. Each syringe should fill 8 trays (upper or lower) as a guideline, so four sessions with both upper and lower trays.
- Place the tray in the mouth and make sure the tray is completely seated. Remove any excess with your finger or dry toothbrush.
- The whitening process can occur day or night and is most effective with two-hour minimum applications.
- After whitening, remove and rinse the trays with cold water and place the trays in your storage box. Brush and floss your teeth to remove any excess gel. Never clean the trays in extremely hot or boiling water as this will deform the trays.
- Sensitivity of the teeth is normal with tooth whitening and is almost always transitional. If sensitivity develops, you can shorten the time you wear the trays, or wear on alternate days only. If sensitivity persists you may use Sensodyne toothpaste as a treatment, by placing a small amount in your trays & wearing them for a short period of time (2-20 minutes).
- If you have any allergic or adverse reactions, discontinue use, and call our office immediately.

If you have any questions or concerns, experience any unusual symptoms like uncontrollable pain, excessive or severe bleeding, marked fever or excessive warm swelling, or anything that you feel is out of the ordinary, remember that we are only a phone call away at: (403) 282-7933.
