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DIRECTIONS FOR BLEACHING TEETH AT HOME

Using whitening gel provided by Dr. York or Dr. Zerngast

Bleaching teeth at home can make a wonderful difference in your smile! To get the results you want, use the bleaching gel for 1/2 hour, twice every day. Before bleaching, rinse your mouth with water. Brushing is not necessary. Put one-quarter tube of bleach into each bleaching tray and put the trays into your mouth. After 1/2 hour, remove the trays and rinse your mouth and the trays with water. When you are ready to bleach for the second 1/2 hour, put another one-quarter of the tube of bleach into each tray and repeat the process. Do not bleach for more than 2 hours each day. The bleaching gel loses its strength as you use it, so keeping the trays in your mouth for more than one hour without changing the gel is ineffective. Use any schedule that is convenient for you - two 1/2 hours in a row, or 1/2 hour segments at different times during the day. You can continue your normal activities while you have the bleaching trays in your mouth, but no eating or drinking. Try not to chew on the trays, as this "pumps" the bleach out.

Teeth normally darken over time. Bleaching can return them to a naturally lighter shade or even to a shade lighter than nature provided. People have teeth that bleach at different rates. (Occasionally someone has teeth that do not lighten at all). Most people get the results they want in 2 - 4 weeks. Sometimes someone would like an even lighter shade or has particularly difficult stain. For an added fee these people can continue to bleach for an extra week. After bleaching is complete, your teeth will slowly begin to darken again. If you would like to keep them as light as they can be, you may want to rebleach for one week every year or so. You can use the same trays, so keep them safe!

If your teeth are uneven in color, bleaching will not make them more even, but can still make an improvement in the overall shade. Since bleaching can change the shade of your teeth considerably, any tooth-colored fillings or porcelain crowns that you have may not blend in as well. We don't want you to bleach for two weeks before a filling or bonding procedure because the color will not be stable and the filling will not bond as well.

Occasionally, people have tooth or gum sensitivity. The use of sensitive-tooth toothpaste may help this. If the sensitivity seems too great, discontinue treatment and notify us. We can usually continue the bleach with a modified technique. We will see you in two weeks to give you new bleach and monitor your progress toward a brighter smile!