

Teeth Whitening Information

Reasonable Expectations

- 1) This treatment removes most tobacco, food, beverage and aging stains. Discoloration from medicine, minerals, injury or illness may not respond as well. Results will vary from patient to patient depending on stain type, stain intensity and tooth structure characteristics.
- 2) The most significant shade change occurs during the first week when used daily as recommended. Two to three weeks are usually required for stable results. Additional gel tubes are available at our office.
- 3) Temporary tooth sensitivity to hot and cold may occur. This may last up to 24 hours and usually occurs only in the first week. A mild analgesic such as aspirin or Tylenol will usually alleviate any sensitivity. Switch from daily use to every second or third day usage. If the sensitivity continues or if your gums become sore or irritated, please report it to our office at (623) 544-0700.
- 4) A slight change in tooth color 3 to 5 years after treatment is normal, but foods, beverages, tobacco and oral hygiene may affect results. Periodic touch-up treatments can help prolong desired whitening. To keep your new whiter smile, maintain good oral hygiene and regular checkups.

Wearing the Tray

- 1) Daily wear is recommended for the most rapid results. Brush and floss your teeth prior to tray wear.
- 2) Apply a thin line of gel to the area of the tray that contacts the front of your teeth. Avoid overfilling the tray.
- 3) After application of the gel, retract the plunger slightly so that no gel oozes out. Replace the cap and store the gel tube at room temperature.
- 4) Insert the loaded tray so that it seats firmly around the teeth. If you overfilled the tray, remove excess gel from the gums with a tissue or toothbrush.
- 5) Leave the tray seated firmly around the teeth. Do not eat, drink, smoke or grind your teeth against the tray while in place.
- 6) You can go about your normal activities with the tray in place, although the tray may cause a slight distortion in speech patterns. Leave the tray in place a minimum of 2 hours and as long as 6-8 hours if you prefer to wear the tray during sleep.

Cleanup and Storage

Brush gently with warm water to remove the gel from the teeth. Avoid food and drink for at least 30 minutes after tray removal. Clean the tray with warm water and a toothbrush and store the tray in the case. Avoid pinching or bending the tray. Store the gel at room temperature out of light. Avoid excessive heat which will reduce the shelf life of the whitening gel.

Safety Information

Keep whitening gel out of the reach of small children.

Eyes: If whitening gel contacts your eyes, flush your eyes gently with cool water for 5 minutes and consult your physician.

Stomach: If large amounts of gel are ingested, an upset stomach and laxative effect may follow. Consult your physician.

Clothing: If whitening gel contacts clothing, rinse with warm water immediately.

Patient Informed Consent

I understand the information and instructions written above and given verbally by this dental office.

X _____ By: _____
Signature Date Initial Shade For Sunridge Dental Care

Karl K. Wirtz, D.D.S., P.C.