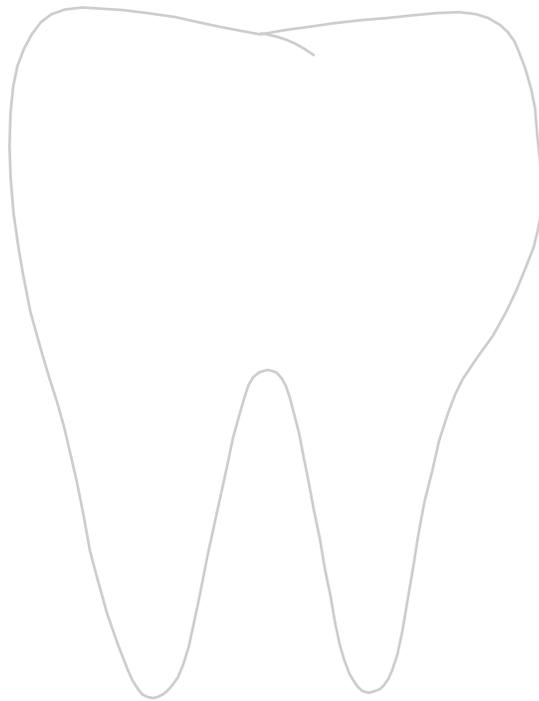


EXPECTED RESULTS

- While there is no guarantee of tooth whitening and the amount of tooth lightening is unpredictable, most teeth lighten 1 to 2 shades on the Vita shade guide.
- Average treatment time is 2 to 6 weeks but some results may be seen in 5 days. more difficult cases require extended treatment times and may result in teeth looking chalky.
- Yellow and brown stains usually respond best (aging, yellowing); gray and blue stains usually improve less (i.e. Tetracycline and Fluorosis).
- In some patients, stains relapse when treatment is discontinued.
- The exact duration of whitening varies among patients. With office bleaching, whitening usually lasts from 6 months to a few years when some or all of the original tooth color appears. Periodic retreatment is generally indicated with office bleaching and should be expected with home bleaching.

PATIENT INSTRUCTIONS

- Place a few drops of bleaching solution on the inner wall of the bleaching appliance by the teeth to be whitened. With both hands, carefully place the filled appliance in the mouth. Expectorate excess solution. Swallowing bleach, although not harmful, can result in throat irritation. Wear for the recommended time.
- To change the solution, remove the appliance with both hands, rinse your mouth with water, rinse and dry the appliance, and replace the solution. Brush the appliance inside and out every day. Clean your teeth as usual.
- The more treatments per day the faster the bleaching. However, this can also increase sensitivity and cause other complications.
- Slow Bleach: the safest is to wear the filled appliance 3-4 hours a day, replenishing every 30 to 60 or as indicated by your dentist. Always use the recommended replenishing time.
- Fast Bleach: Maximum wearing time is 8-16 hr/day replenished as directed. This should only be done under the direction and supervision of your dentist and only after shorter treatment has been ineffective.
- Nighttime treatment is an option although day use works faster since there are more changes of bleach. If this appeals to you, discuss it with your dentist.
- Fluoride may be applied to the teeth every day before bedtime. Some patients say this reduces sensitivity while others say it has no effect. Discuss this with your dentist.
- Discontinue bleaching if the teeth, gums, or bite become uncomfortable. See your dentist immediately for correction.
- Do not wear the appliance while eating.
- Your dentist should check your mouth every 1 to 6 weeks to ensure no damage is being done to your teeth, gums, or dental restorations.
- Discontinue treatment if any discomfort or problems occur, and see your dentist immediately.



Excellence in Dentistry

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