

# **HOW TO BRIGHTEN YOUR SMILE USING YOUR CLEAR ALIGNERS!!**

## **GENERAL INFORMATION**

- Whitening gel will only whiten natural teeth. Results will vary: anatomy, age, tooth condition and hygiene can impact results.
- Crowns, veneers, fillings, dentures and restorations will not change color and may require replacement following the procedure. Tetracycline and other internal stains are more difficult to bleach and will brighten with prolonged use of whitening gel under our supervision. Teeth usually lighten less (or more slowly) next to the gum line. A tooth's natural color is normally darker at the gum line and lighter toward the biting surface.
- It is recommended that you bleach your teeth everyday for two weeks.
- **At your aligner delivery appointments, we will evaluate your whitening progress.**
- Each whitening pack has 3 syringes of gel lasting anywhere from 6-8 applications.
- Some patients may experience mild sensitivity to cold during the whitening treatment.
- Keep bleaching gel out of reach of children and pets. Do not use if pregnant or nursing.

## **GENERAL INSTRUCTIONS**

- We recommend whitening teeth at the same time everyday to reduce potential sensitivity.
- Floss and brush teeth prior to treatment.
- Twist off the clear plastic cap (square top) from the syringe and twist the mixing nozzle clockwise to lock on the end of the syringe.
- Place a small drop of whitening gel in each tooth compartment (in the front of each tooth in the tray). As a guideline- if you have smaller teeth, use a smaller drop. Conversely, if you have larger teeth, use a slightly larger drop.
- Apply the aligners over teeth, gently pressing the front surface of each tooth to distribute the gel uniformly and **make sure some excess gel comes out of the aligners at the gum line.**
- It is very important to remove excess gel with your clean finger, a cotton swab or a dry toothbrush so the gums do not become irritated.
- Treatment time: Is customized to the individual patient to get **maximum results.**
- While wearing your aligners to whiten, do not eat, drink or smoke.
- After whitening, rinse trays with cold water. Use a toothbrush to remove any residual gel.
- Do not use hot or lukewarm water as it may distort the trays.
- Place trays in storage case and with gel, store at room temperature in a dry place.
- For 30 minutes following each treatment, avoid staining drinks, foods and tobacco.

## **GENERAL PRECAUTIONS**

- If you have sensitive teeth, 3 weeks before whitening teeth use desensitizing toothpaste or prescription fluoride gel.
- If sensitivity occurs while bleaching, stop treatment for 1-3 days and continue to use desensitizing toothpaste. If a prescription fluoride is needed, it usually comes in the form of a gel. Apply the gel in your aligners and wear them for 30 minutes to 1 hour.
- If sensitivity continues ask us for a lower concentration of whitening gel.
- If the sensitivity is beyond mild discomfort, or for any other questions, please contact our office.