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HOME TEETH WHITENING INSTRUCTIONS

At Home Teeth Whitening Techniques are designed to lighten dark or stained teeth. Patients apply whitening gel material into the tray along the surfaces they wish to whiten. Do not over fill tray. While this material appears to be safe, some unexpected problems may occur. Tooth sensitivity or tingling is the most common side effect. Soft tissue irritation may also occur. If a patient experiences these or other adverse symptoms, he/she should stop using the bleaching material, and consult his/her treating dentist.

Patients should also understand that the amount of bleaching and its duration may vary. While most teeth lighten to the extent desired, some do not. In some instances lightening is minimal or unapparent. In all instances, additional bleaching over time will be required to maintain the lightness originally obtained.

During this time it is important that you follow certain guidelines and monitor which foods, drinks, and products you intake:

Please Avoid the Following Items:

- o Red Wine
- o Dark Soda
- o Coffee
- o Tea
- o Ketchup, Salsa, and other red sauces
- o Tobacco Products

****Anything that can stain a white shirt will stain your teeth during the 24-48 post-operative period***

You may experience some tooth sensitivity during the post-operative period. To prevent this, or if the sensitivity is severe, take 600mg of Ibuprofen (3 tabs of regular Advil or Motrin) every 4 hours as needed for pain. Brushing your teeth with sensitive toothpaste, such as Sensodyne, for the weeks following the procedure is strongly recommended. Additional ways you can help maintain your sparkling smile is to avoid staining related habits, use an electric toothbrush, floss and have regular professional hygiene visits twice a year to keep your smile its whitest!

Please contact the office with any questions or concerns! 830-201-2114

I have read and understand the above description of possible consequences of using at home whitening techniques. Being fully informed, I consent to and agree to use this technique.

Patient

Date