

Logan Dental Associates Cosmetic Bleaching Instructions

One of the most effective bleaching methods is to use custom fit trays with a prescribed bleaching agent. Almost all bleaching methods use the same agent (carbamide peroxide) but there are notable differences in the concentration of the gel available over the counter or in the one hour bleaching techniques. Bleaching is safe and has very little effect on the enamel. The bleaching gel goes through the entire tooth and bleaches the entire structure.

Use of the trays: The supplied gel should be enough for approximately 14 applications. Dispense a proportioned amount into the tray focusing most of it in the reservoirs on the front side of the front teeth where the effect will be most visible. Use a finger to spread it evenly in these areas. Seat the tray over the teeth and wear for 1-2 hours at a time. Clean any excess gel off the gums. You don't need to use so much gel that it overflows the tray. Additional gel is sold at cost if you need to bleach for longer to obtain the desired result or have very darkened teeth that require extra time.

Sensitivity: Almost everyone experiences temporary sensitivity. This happens because staining accumulated around the root of the tooth gets oxidized away leaving a sensitive, unprotected root surface. You may wish to bleach every other day and use a toothpaste designed for sensitive teeth during this time. Sensitive toothpastes don't work immediately. They require a few weeks to provide their benefit. Don't rinse the toothpaste off your teeth as the contained fluoride and potassium nitrate more effectively desensitize when left on for longer periods of time. Avoid "whitening toothpastes"; they don't bleach the teeth and work by abrading tooth and stain away causing undue recession and sensitivity.

Other hints: You may wish to try bleaching the upper arch first in order to compare the difference with the lower teeth. Once a sufficient contrast is obtained, simply bleach the lower arch to match. Keep your casts and trays in a safe place once bleaching is completed so that you can "touch-up" at a later date. Trays work well for fluoride therapy (ask the dentist) and will continue to fit unless subsequent dental work or tooth movement make their fit poor.