

Home Bleaching

Home bleach ingredients are carbamide peroxide, hydrogen peroxide and glycerin. These solutions have been in use for many years; however, they have only recently been used for bleaching inside the mouth. The FDA (Food and Drug Safety Administration) has approved the use of peroxide solutions for oral antiseptics, but not as bleaching materials. Some risks involved with treatment include, but are not limited to:

- Hot and cold sensitivity
- A burning sensation in the oral tissues/ gums
- Soft tissue ulcers
- Nausea
- Jaw joint disorders from the appliance (mouth guard)
- Sore throat from swallowing solution

Some dental restorations may be damaged by the bleach/or the restoration may not match the new tooth shade, therefore the restoration/filling may need replaced.

Contraindications: Patients with root sensitivity may find the problem aggravated. Persons with allergies to carbamide peroxide, hydrogen peroxide, and glycerin should not undergo treatment. Pregnant woman should delay treatment until they are no longer pregnant.

Expected Results

- As tooth lightening is unpredictable, no guarantee of whitening is made
- Most patients find that their teeth will lighten 1-2 shades on a dentist's shade guide
- Treatment time can vary, although most people see results in about 5 days
- The treatment time is usually 10 days- 6 weeks
- Yellow and brown stains usually lighten better than gray or blue stains
- Some patient's stains relapse after treatment is discontinued
- Tooth whitening effects may last indefinitely, or some darkness may reappear
- Periodic re-treatment or touch ups are generally indicated

Instructions

- After thoroughly cleaning the teeth, place bleaching solution into the appliance as directed OR place appliance directly in mouth as shown on instruction sheet kept in each box.
- Leave in your mouth for 15-20 minutes
- DO NOT SWALLOW excess bleach
- Do not wear appliance while eating
- If gums or teeth become uncomfortable, try wearing the tray every other day or discontinue treatment and contact our office

Signature: _____