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Take Home Instructions after Accelerated In-office Bleaching Treatment

Introduction

Congratulations! You just underwent accelerated in-office bleaching treatment. This treatment is an alternative, conservative method for treating dark, discolored teeth.

Over the next 12-48 hours, experience shows that most treated teeth continue to whiten.

It is imperative for you to follow these instructions for the next 3 days for the best results of your whitening treatment:

- No red wine, grape juice, mustard or ketchup, soy sauce, berry pie, red sauces or other staining foods for 3 days
- Refrain from using **ALL** tobacco products
- Drink colas through a straw
- If you must drink coffee or tea, brush your teeth immediately
- If you are happy with your shade change then whiten one time at home with trays
- If a lighter shade is desired you may continue to whiten with trays at home

You may resume your normal brushing and flossing routine the day of treatment .

48 hours after your treatment (on _____ night). you must sleep in your take home trays. for at least one night to stabilize the shade.

Home Care-First brush and floss your teeth

Filling the trays -you will have bleaching trays that have been custom fit to your teeth.

Apply a _____ thin ribbon of gel in the bottom of the bleaching tray, wear for one night, at least 6 hours.

Morning after-Remove tray and rinse your mouth with water. Brush your teeth using a soft brush. Clean and rinse trays with cool tap water.

Store your trays and gel in a cool, dry place and away from direct sunlight. Keep your trays stored in the case and always **KEEP YOUR BLEACHING GEL AND TRAYS AWAY FROM CHILDREN AN ANIMALS.**

Some side effects may include:

1. **Tooth Sensitivity/Pain**- During the first 24 hours after treatment, you may experience _____ some tooth sensitivity or pain. This is normal and is usually mild. If sensitivity does occur put _____ the desensitizing gel that is in your kit in your bleaching trays and sleep in it for a night. Normally, tooth sensitivity or pain following a bleaching treatment subsides after a few days, but _____ it may persist for longer periods of time if you are a susceptible individual. You may also put _____ toothpaste for sensitive teeth in your tray and wear it in the morning while showering and _____ getting ready for your day.

2 **Gum/Lip/Cheek Inflammation**-Whitening may cause some inflammation of your gums, lips or cheek margins. This is due to inadvertent exposure of a small area of those tissues to _____ the whitening gel. The inflammation is usually temporary which will subside in a few days, but _____ may persist longer and may result in significant pain or discomfort, depending on the degree to which the soft tissue were exposed to the gel. Rinse with warm salt water if this occurs.

3. **Dry/Chapped Lips**-This may occur due to your mouth being kept open continuously for the entire treatment by a retractor. If this occurs, it can be treated by placing an application of lip balm, petroleum jelly or Vitamin E cream.

4. **Sore Jaws**- This may occur due to having your mouth open for an extended period of time. This soreness will subside in a few days.

If any of these side effects occur and last for an extended period of time or cause extreme pain or sensitivity, call our office immediately.

We will recheck your shade at your next visit to our office.

Touch-up may need to be done every 3-5 years depending on your lifestyle and home care.

Smile Bright!!!!!!