



## Take home whitening

Affordable Dental has partnered with **Opalescence™** to offer a variety of tooth whitening products for professional grade whitening from home. For best results, follow these guidelines and, most importantly, the advice of your dentist.



1300 715 578



[www.affordabledental.com.au](http://www.affordabledental.com.au)

## Whitening Guidelines

- Be sure your tray fits comfortably.
- **Use 1/3 of a tube per tray or 2/3 of a tube for the upper and lower trays.** We will prescribe the correct concentration for your treatment and may modify the prescription at follow-up visits.
- **Wear the tray for the prescribed amount of time:**
  - 10% Strength CP** (carbamide peroxide) gel  
Can be worn overnight (8–10 hours).
  - 10% Strength CP** (carbamide peroxide) gel  
Overnight (8-10 hours) OR 4–6 hours per day.
- After whitening for the appropriate timeframe, remove your tray and rinse your mouth twice with water before swallowing.
- Clean and rinse your trays immediately with cool water and a toothbrush (no toothpaste). You can also rinse the tray with mouthwash to freshen it.
- Refrigerate your whitening gels to preserve their strength.
- For best results, avoid food that may stain your teeth, including coffee, red sauces and coloured beverages.
- Be aware that existing dental work is not susceptible to any kind of bleach and does not lighten or change shades. Consequently, it may require replacement.
- Your mouth needs to be healthy before treatment begins. Tooth decay must be eliminated, and periodontal disease should be under control. There should also be no tooth sensitivity where gums are recessed. Please let us know if you are experiencing any such sensitivity.
- Be sure to attend your check-up appointments at the suggested times.
- **Please note:** We expect your final, lightened shade to regress about 10-20% within 1–2 weeks after whitening. This is normal as the teeth begin to rehydrate.

## Potential Side Effects

(Under our supervision, these are easy to address)

- **Cold sensitivity** is caused by the action of the peroxide in the lightening formula. If you experience sensitivity, we will usually decrease the frequency or strength of the peroxide gel formula. We'll also give you a prescription for fluoride or an increased fluoride and potassium nitrate in your toothpaste which will quickly alleviate sensitivity.
- **Gum tissue irritation** can be caused by an ill-fitting tray or by not wearing it properly. Irritation can be reduced by proper wear and dispensing the correct amount of whitening gel.
- Although rare, **over-bleaching** is a serious concern. Some patients over-bleach to try to achieve an impossible shade; however, this dis-colours the teeth and makes them translucent. Furthermore, if teeth are bleached too light, it may be difficult to match additional dental work later on.

## After Care

You may purchase whitening gel refills as long as your trays still fit correctly. Shade changes can occur as a result of extrinsic stains that occur after your teeth are bleached. Practicing good oral hygiene will help maintain your new smile. This includes frequent dental cleanings and avoiding foods or habits (like smoking) that will darken your teeth. Besides good home oral care, monthly or bi-monthly tray bleaching is recommended to maintain the optimal result. Future dental treatments can begin a few weeks after the bleaching is completed and the lightening has stabilised.

If you choose whitening, the procedure will only be effective if you closely and correctly follow the guidelines and conscientiously wear your whitening trays at home as directed. **If you experience significant discomfort or any other problem that prevents you from wearing your whitening trays as directed, please do not hesitate to contact our office on 1300 715 578.**