

Teeth Whitening: Pre, During, Post Procedure

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Before beginning Teeth Whitening:

- Your dentist has taken a scan or impression of your upper and lower teeth to begin the process of constructing your trays at the Laboratory
- Until the trays arrive, you may wish to begin using a 'sensitivity' toothpaste, as your usual toothpaste AM & PM
- Ensure you're maintaining optimal oral hygiene
- You may also wish to have an appointment with your hygienist prior to beginning to remove any staining

Once you've Received your trays and bleach:

- Make sure your teeth are flossed and brushed thoroughly before inserting the whitening trays
- Apply a very small amount of gel into each tooth reservoir (about the size of a grain of rice), ensure product is placed on the outer surface of the reservoir (facing the outside of the mouth), as there is no point placing bleach on the tongue/ palatal facing- surfaces of the trays
- Ensure your teeth are dry, suck back and swallow as much saliva as possible before seating your tray
- Seat the tray down on your upper and lower teeth. Any excess gel that squeezes out of the edges of the tray, remove with a cotton bud. Do not rinse.
- We recommend wearing your trays in the night, while sleeping, as there is less salivary flow, and you are more still. If however, you cannot tolerate wearing the trays in the night, you can wear for 2-4 hours in the day, for two weeks
- When you remove your trays, rinse with cold water to remove any gel/ residue, then replace back into the retainer box to protect from light damage
- Brush your teeth after
- Continue to use a sensitivity toothpaste to combat any sensitivity
- Should the sensitivity be extreme, use the bleach on alternate nights/days , or take a few days off
- The sensitivity will reside

Diet considerations:

- Avoid highly colourful foods and drinks during the period of whitening, such as Red Wine, pigmented curries .etc.
- Avoid carbonated and acidic drinks, which can make your teeth more sensitive

NB:

- The whitening protocol is typically two weeks, however should the desired result not be met, you may have to bleach for longer, which may mean you need to purchase more bleach
- Maintenance can be expected yearly.
Usually a top up of 3- 7 days a year is expected to maintain your desired results.
Contact your dentist to purchase another syringe of bleach, if necessary.
- Some brands of bleach may need to be kept in the fridge