

How Does Teeth Whitening Work?



The active ingredient in our gels that causes deep bleaching is carbamide peroxide. CP breaks down into hydrogen peroxide which generates oxygen in the enamel and dentin (outside layers of the tooth) to break up deposits that are in-between the tooth structure.

Our bleaching agent only acts on molecules that have discoloration and will differ depending on the strength of the whitening gel and duration of contact with the teeth.

The strength of our bleaching agent is limited in order to ensure maximum whitening results while still maintaining total patient comfort.

TEETH BLEACHING INSTRUCTIONS

STEP 1:

PREFITTING PROCEDURE:

Place on tray in your mouth on the top portion of your teeth. Practice sucking the air from the tray. This is the procedure you will use when you retrieve the trays from boiling water to contour the tray to the surface of your teeth. Repeat this process for the second tray.

STEP 2:

BOILING WATER:

Bring water to a boil in a pan. Remove the water from the heat. Place one tray in the boiling water via the tab. Leave in water for 3 seconds. (Note: leaving the tray(s) longer than 3 seconds in the boiling water will cause them to melt and you will not be able to use the tray(s)).

STEP 3:

FITTING THE TRAYS:

Lift the tray from the water using the tab. Quickly place the tray around the teeth and perform the same sucking procedure as practiced with the pre-fitting procedure.

Note: If you are using 36% or 44% you need to avoid gel contact with the soft tissue (gums).

STEP 4:

BLEACHING PROCEDURE:

Brush and floss teeth. We recommend placing a small drop of gel per tooth in the frontal portion of the tray for the front 6-8 teeth (approximately 1/4 cc). This will be the teeth exposed when smiling. Others are more comfortable applying gel across the entire tray. The number of applications stated on the website applies to the small dot method. Place trays in your mouth for

approximately 30-45 minutes. Make sure you wipe away excess gel that may be exposed to the gums outside of the tray. Repeat process daily until desired results are accomplished. In order to see results within 30 days, it is very important that you bleach your teeth at least once a day. If you have any gum or tissue irritation, trim back the trays slightly with tiny scissors. If sensitivity continues, discontinue use for 2-4 days. Remove tray, rinse, and brush teeth. Clean the trays in cold water before and after each treatment.

DO NOT USE IF:

Pregnant/nursing, poor dental health (decayed teeth, exposed roots, gum disease, wear braces, recent oral surgery, jaw problems). At-home treatments have risks involved and you should consult your dentist. Some people will experience reversible tooth sensitivity and gum irritation. This will disappear: 1. Within a few days after discontinuing use 2. Decreasing the time you bleach your teeth 3. Increasing the amount of time between bleaching sessions. The manufacturer and seller accept no responsibility for any usage of this product.

LASER LIGHT:

Once your mouth guard is in with gel, place the light inside your mouth and wait until the auto 10 minute timer goes off. You may want to start off with 20 minute sessions. Our laser light is 100% safe and can be used more or less often than 20 minutes. (You must cut off the tab on the mouth tray before using the bluelight)

Sensitivity

Sensitivity can occur in 10-20% of patients by wearing the trays alone! (without gel)

Things to consider to avoid sensitivity issues:

1. Determine if the sensitivity is in the teeth or the gums. The symptoms are temporary and will subside in 1-3 days following discontinued use of the gel.
2. Make sure you are not overloading the mouth trays with bleaching gel. This is the most common issue.
3. Special toothpaste like Sensodyne to help tooth sensitivity.
4. Reduce the treatment time (20-30 minutes) to control the problem.
5. Brushing your teeth with baking soda for 60 seconds has been shown to decrease tooth sensitivity issues.

Studies have shown that there is no apparent long term problems with tooth whitening and our formulations.