

Dental Studios

Preserving Smiles

Centre for Preventative Dentistry

Dr. Uwe Esdar

Dentist / Tandarts / Zahnarzt

BLEACHING

MATERIALS INCLUDED:

Custom bleaching tray, Opalescence Whitening Gel and Opalescence Tooth Whitening Creme.

PROCEDURE

1. We will prescribe a specific treatment regimen, usually the tray is worn while sleeping.
2. Before starting the bleaching procedure at night, thoroughly brush your teeth using Opalescence Tooth Whitening Crème. This is special cleaning toothpaste.
3. To fill the custom tray remove cap from syringe tip, express contents of unit dose syringe evenly into deepest portions of the tray. Place some on both tongue side and cheek side of back teeth. Three-quarters to all of the syringe contents will be used.
4. Seat the tray completely and firmly onto your teeth.
5. Gently wipe off excess gel with toothbrush or clean finger.
6. Rinse mouth thoroughly with water twice; do not swallow rinses.
7. When tray is removed, clean it with cool water and place in case. Brush and rinse remaining gel from teeth. Remove tray prior to eating. Don't smoke or drink volumes of liquid with bleaching gel in place.

WHITENING IN GENERAL

1. Teeth usually lighten less or more slowly next to gums. A tooth's natural colour usually varies and is darker at the gum line and lighter farther from the gums.
2. If you experience sensitivity beyond mild discomfort from cold, you may decide to have your bleach every second or third night, use Opalescence during the day for 1-3 hours or use a fluoride gel.

POSSIBLE SIDE EFFECTS

Some patients will experience increased sensitivity to cold during treatment. Some have reported temporary discomfort during bleaching, such as gum and/or tooth sensitivity, tongue and/or lip soreness, and throat irritation, or moderate, continuous teeth pain. ***If any of these symptoms occur and are more than mild or persist, or if you have any questions or concerns, call your dentist.*** These side effects usually resolve within 1 - 3 days after interruption or completion of the treatment. If tooth discomfort persists, your dentist may prescribe a special fluoride gel to be worn in your custom tray. Some old fillings may leave a dark purple stain colour in your bleaching tray; this is normal.

PRECAUTIONS

Keep Opalescence syringes away from heat and/or direct sunlight. **Never** use any household or commercial bleaching agents in your mouth; use **only** tooth whitening agents dispensed and supervised by your dentist. **If you ever have any questions pertaining to this treatment, please ask your dentist.**

TO SUM UP:

Step 1:

Brush your teeth. Load tray with unit dose Opalescence whitening gel.

Step 2:

Place tray completely on your teeth. Gently press tray to move gel into place. Pressing too firmly will move too much gel out of the tray.

Step 3:

Gently wipe off excess gel with a toothbrush or clean finger. Rinse thoroughly with water twice; do not swallow rinses.

Should you have any concerns or questions during or after your bleaching procedure, please feel free to contact me or our University trained Oral Hygienists at any time.

Milner House Studio
1 Milner Road
Cape Town / Tamboerskloof
8001
Tel +27 21 4241992
dresdar@telkomsa.net
www.capedentist.co.za

Emergency +27 21 7021245

Rose Avenue Studio
16 Rose Avenue
Tokai / Kirstenhof
7945
Tel +27 21 7121231
Fax +270217154708

Please remember, we would like to do something for you, not to you.

Yours truly,

Uwe Esdar