



COLCHESTER DENTAL GROUP

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Email Us

## ZERO-SENSITIVITY TOOTH WHITENING

### DETAILED TOOTH WHITENING INSTRUCTIONS FOR OUR PATIENTS

In dentistry, we use the terms “whitening” and “bleaching” interchangeably, but it is important to know that there actually is no bleach in the whitening products.

There are two different protocols for tooth whitening: daytime and nighttime. They use different whitening gels and the at home procedures are different. Please make sure you are using the correct instructions depending on what our office staff has suggested and the products you have been given to use.

#### NIGHT-TIME BLEACHING (at home with custom trays)

At night, brush and clean your teeth as usual before bed. Then place the bleaching gel in the inside of the custom take-home bleaching tray. Since we are only bleaching the front (cheek and lip) side of the teeth, it is only necessary to put the bleach on that surface of the inside of the tray. There is no need to fill the whole tray.

Go to sleep and your teeth will begin whitening overnight. The nighttime gel is carbamide peroxide. It works like a time-release pill, and slowly breaks down into the active ingredient, hydrogen peroxide, and some other products. It is most effective if it is in place for at least four, but preferably six hours. Do not eat or drink with the bleaching tray in your mouth. If you do wake up in the middle of the night and need some water and it is less than four hours since you went to bed, just remove the tray, rinse your mouth, have some water, and then refill the tray with the bleaching gel and go back to sleep. If it is more than four hours, just take the tray out, rinse your mouth, and continue the next night.

Most people have zero sensitivity while doing nighttime tray whitening. However, if you have any sensitivity, either in your gums or your teeth get sensitive to cold, just remove the tray, rinse your mouth with warm water, and call the office. We will switch you to a different protocol.

If you are having no difficulty, continue nightly bleaching every night until your next “Bleach Check” appointment. Our professional staff will recommend the best amount of time to wait to schedule your next bleach check: usually one to three weeks. Again, if at any time you develop any sensitivity to cold or your gums hurt, just remove the tray, rinse your mouth with warm water, and call the office. We will switch you to a different protocol.

## **DAY-TIME BLEACHING** (at home with custom trays)

When it is time for your daytime treatment, brush and clean your teeth so the whitening material can be most effective. (If you are using Pre-White Swabs, swab your teeth as described below.) Then place the bleaching gel in the inside of the custom take-home bleaching tray. Since we are only bleaching the front (cheek and lip) side of the teeth, it is only necessary to put the bleach on that surface of the inside of the tray. There is no need to fill the whole tray.

The active ingredient of the daytime gel is hydrogen peroxide. It works immediately and loses its effectiveness after a half an hour. The amount of time you use the product will determine how effective it is up to a maximum of half an hour. Do not eat or drink with the bleaching tray in your mouth. Do not bleach your teeth with the daytime products for more than 30 minutes in a session.

Our professional staff will help you determine how long you should use the daytime gel to begin your session. If you have no sensitivity either in your gums or to cold, then it is OK to increase the amount of time you use the gel by five minutes per session until you get to 30 minutes. Some people want even faster results, so they do two sessions per day instead of one.

Most people have zero sensitivity while doing daytime tray whitening. However, if you have any sensitivity, either in your gums or your teeth get sensitive to cold, just remove the tray, rinse your mouth with warm water, and call the office. We will add the Pre-White Swabs to your protocol.

If you are having no difficulty, continue daytime bleaching every day until your next "Bleach Check" appointment. Our professional staff will recommend the best amount of time to wait to schedule your next bleach check: usually one to three weeks.

When can I find a half hour? Here are a few suggestions while doing something else: commuting, doing the dishes, watching TV, getting ready in the morning, or exercising.

Again, if at any time you develop any sensitivity to cold or your gums hurt, just remove the tray, rinse your mouth with warm water, and call the office. We will switch you to a different protocol.

## **PRE-WHITE SWABS**

The Pre-White Swabs were discovered by our office to prevent sensitivity while doing take home bleaching, and we teach this protocol to dentists all over the world.

The Pre-White Swabs are used BEFORE you insert the bleaching tray. The desensitizing material is in a double plastic tube with a swab at the end of it. By pushing the tubes together, the liquid is forced into the swab and it gets wet. Then the swab is used to hydrate (wet) the teeth which keeps them from drying out. Most whitening sensitivity is caused by dehydration. The goal is to hydrate each tooth you are bleaching for thirty

seconds per tooth to prevent dehydration. With a circular scrubbing motion, you can usually do 3 or 4 teeth at a time, so the whole set of either upper or lower teeth can usually be pre-treated in about a minute and a half. As soon as you are through with the swabs, fill and insert the bleaching tray.

Almost everyone will have zero sensitivity (either in their gums or to cold) while doing daytime tray whitening utilizing the Pre-White Swabs. However, if you do have any sensitivity, just remove the tray, rinse your mouth with warm water, skip the next day, and begin again the following day but for a shorter time period. The correct timing for your whitening sessions with zero sensitivity can therefore be easily determined.

If you still have sensitivity the next time you do try your session, call the office and we will add a protocol utilizing desensitizing toothpaste in the tray for ten minutes before and ten minutes after your whitening sessions. You will then be able to bleach your teeth with no sensitivity.

### **MAINTENANCE - TOUCH-UPS**

Like everything in life, maintenance is important. Once we have achieved the desired whitening, you should store your trays where they can be kept safe, clean, away from animals, and preferably away from extreme heat. We will give you the models on which we made the trays for you to use for the safest storage of your trays. It is important to save and protect your trays. (New ones can always be made, but of course there is a charge.)

We recommend touch-ups once or twice a year. The best time to do a touch-up is immediately after your teeth are cleaned so the gel can have its maximum effect. The touch-ups are easy. Just buy a single tube of the whitening gel, and use it for three days on the upper teeth and three days on the lowers. People who smoke and those who drink a lot of coffee, tea or red wine, may want to do touch-ups more often than those who don't. If you do touch-ups once or twice a year, you should be able to keep whiter teeth for the rest of your life. (If you skip a year or so, you may have to use an additional tube or two to regain the original whitened result.)

**WE ARE ALWAYS AVAILABLE TO ANSWER ANY OF YOUR QUESTIONS  
AND TO HELP YOU SUCCESSFULLY ATTAIN**

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