



At home tooth whitening

At home tooth whitening is an effective way to lighten your natural tooth structure. The professional whitening products that we offer at Grand Dental are very similar to the over the counter products, the primary difference being the custom made trays that hold the whitening agent. This custom fit keeps the material in contact with your tooth for longer without the interference of saliva, increasing the whitening power.

Instructions

1. Brush and floss teeth and rinse your mouth out well.
2. Place a small amount of whitening gel into the tray of each tooth you desire to whiten.
3. Dry your teeth well and insert the trays.
4. Wipe away any excess gel that oozes out.
5. Wear the trays for at least an hour, up to 8 hours if worn overnight.
6. Remove the trays and rinse and brush your teeth.

Side effects

Tooth sensitivity – most people who whiten their teeth have some sensitivity. Using a fluoride toothpaste, limiting contact time to one hour, and increasing the interval between whitening are the best ways to minimize this.

Gum tenderness – If the gel comes in contact with the gums, they can become irritated and sometimes a mild sloughing of the superficial layers of the gum occurs. If this happens reduce frequency of whitening and make sure that you are removing the excess.

Other information

The average time for optimum color change to occur when whitening one to two times per day is three to six weeks, although color changes may be noticed in as little as a few days. Your take home kit includes a color tracking card; we encourage you to use it. Keep in mind that brown, orange, and yellow stains disappear faster than blue or gray stains.

Once you complete your whitening regimen, it may be necessary to touch up your teeth from time to time. If you feel the need to do so, give us a call or inquire at your next routine appointment and we can provide you with a kit designed for touch up.

