



At Home Teeth Whitening

1. The active ingredient of the bleaching gel you are using is Carbamide Peroxide in a Glycerin base. The Opalescence teeth whitening system is one of the premier products used in dentistry today. Its slow release is advantageous when compared to other bleaching products, as it creates minimal sensitivity while generating excellent results.
2. As with other treatments, there are benefits and risks associated with the Home Whitening system. The benefit is that your teeth should be whitened in a fairly quick and simple manner. Research supports the safety of Peroxide, the primary component of the tooth whitening systems
3. On the average, 6 to 8 consecutive applications of the bleaching gel give patients their desired results.
4. In general, bleaching in regular intervals gives patients the most optimal results. However, if you notice excessive sensitivity, interrupt bleaching for a night or two, and restart once the sensitivity disappears.
5. Although you may not need to use the desensitizing agent provided, we recommend its use in case of severe sensitivity following application of the bleaching gel. The desensitizing agent should be used instead of the bleaching gel in such cases, until the sensitivity problem is resolved. Once sensitivity stops, the bleaching process may be resumed.
6. Avoid using "baking soda toothpaste" during bleaching days. You may restart using the baking soda toothpaste two weeks after you have finished the whitening process.
7. For optimal results, avoid coffee, tea, cranberry juice or other potentially staining food products for at least two weeks following the completion of the bleaching process.
8. You may choose to repeat the whitening process every few months, depending on how stained your teeth might become. We are able to provide you with inexpensive whitening touch up kits, when necessary.
9. The shelf-life of the Opalescence teeth whitening product is about 2 years. Refrigerating the product usually results in extending the longevity of the product.
10. In case of any questions, please call us at 408/377-5134.