Bleaching teeth outside the dental office

Hydrogen peroxide has been used for many years to bleach teeth. In recent years, in-home use of hydrogen peroxide by patients, through the use of dentist-provided trays, has increased. Although the results of this procedure are not significantly different from the traditional in-office technique, a few potentially reversible negative effects are described below. Also, as with other forms of tooth bleaching, it may be necessary to upgrade bleach applications in future years.

Patient instructions *(nighttime use only)*

1. At bedtime, brush and floss teeth; rinse mouth well.

2. Place two to three drops of bleaching gel into each space in the tray for every tooth to be lightened.

3. Insert tray into mouth over teeth, expectorate excess gel and wear loaded tray during sleep every night.

4. Rinse tray each morning and clean teeth as usual. Fluoride containing toothpaste and mouth rinse can be used if desired.

5. Discontinue bleach if tooth sensitivity, gum irritation or any other negative event occurs. Notify your dentist of the problem immediately.

The average time for optimum color change to occur using the nighttime bleaching technique is six weeks, although effects may be noticed in as few as two weeks. Observation appointments with your dentist are required every seven to 10 days to check the progress of the bleaching.

Additional patient instructions
In addition to using the bleaching trays each night, you can expedite the tooth whitening process by applying the solution in your trays to your teeth for additional two-hour periods daily. Total bleaching time per day, including the seven or eight hours during sleep, should not exceed 18–20 hours. Most patients find that one to three total periods per day (including night) is ideal.

I have read and fully understand the above directions and cautions.

_____ Date _____
Patient signature/legally authorized representative

_____ Relationship _____
Printed name if signed on behalf of the patient