

Home Whitening Instructions



We are planning to whiten your teeth using carbamide peroxide solution.
Please read the following instructions carefully:

- The active ingredient carbamide peroxide is in a glycerine base. If you know of any allergy or are aware of any adverse reaction to this ingredient, please do not proceed with this treatment.
- You should be aware that most bleaching systems use carbamide peroxide. This breaks down to urea and hydrogen peroxide. Hydrogen peroxide is the oxidising agent which is active against the stains within a tooth. As a rough rule of thumb, the concentration of hydrogen peroxide is one third of that of carbon peroxide. Our bleaching gels are 10% carbamide peroxide. This equates to 3% hydrogen peroxide. In the UK hydrogen peroxide concentration above 6% are illegal. The bleaching system also contains ACP within the syringe. Amorphous Calcium Phosphate reduces sensitivity, protects enamel and improves lustre.
- As with any treatment there are benefits and risks. The benefit is that the teeth can be whitened fairly quickly in the simple manner. It is our experience supported in the scientific literature, that 60% of patients who bleach suffer some degrees of sensitivity. This has proven to be reversible. If the bleaching stops sensitivity resolves. There is no evidence that the tooth surface is damaged in any way.
- The amount of whitening varies with the individual and whether the initial colour of the teeth was yellow, brown or grey. Better results are achieved with yellow or brown shades. Most patients achieve a change within 2-5 weeks. Try not to drink tea, coffee, red wine or eat berries or curries during or immediately after treatment.
- It is advisable not to smoke during the course of bleaching.
- As mentioned above, sensitivity may result during whitening. This is usually slight or temporary. If this should occur modify your bleaching. If symptoms persist, contact the surgery 01702465000 for further advice.
- Do not use the bleaching treatment if you are pregnant. There have not been any adverse reactions, but long-term clinical effects are unknown.

- Wear the tray for at least 2 hours per day or overnight. WE would recommend overnight for the best results. The longer the hydrogen peroxide is in contact with the tooth the more likely a better result.

Protocol to reduce likelihood of sensitivity

- Do not attend for scaling whilst teeth are sensitive.
- Avoid acidic foods and drinks: Fruit and fruit juices, wines and yoghurts.
- Use a toothpaste designed to help alleviate sensitivity, during and following treatment.
- Alternate whitening sessions with an application of sensitive toothpaste in the whitening trays.
- Skip whitening sessions, for example whiten 1 night and leave for 1 night.