



**Alex McMillan IV, DDS & Associates**

## **WHITENING YOUR TEETH**

The teeth whitening system that we recommend has been unbelievably effective and easy in whitening teeth. We have whitened hundreds of our patients' teeth since the materials first became available. The satisfaction and pleased responses with the results has been unanimous. The main ingredient of the whitening solution is 10% carbamide peroxide, which has been used as an antiseptic in dentistry for over 25 years. Its safety has been studied at numerous universities and hundreds of thousands of people all over the world have benefitted from this easy way to brighten your smile with a youthful appearance.

The carbamide peroxide actually penetrates through the enamel and "oxidizes" or bleaches the proteins in the dentin. This oxidation turns the yellow-brown dentin layer lighter or "whiter" and results in a whiter shade of the teeth. This oxidation process does not weaken the tooth, nor does it affect the strength of the enamel. Ideally, we would like you to wear the special whitening tray filled with the whitening solution for at least 6 hours per day. Since the tray is thin and comfortable, many of our patients wear it during the day at work, while others wear it in the evening or at night while they are sleeping. The amount of time it takes to whiten your smile depends on the number of hours you wear the tray per day, combined with the natural porosity of your teeth. The usual treatment time is approximately 2-3 weeks and the results can last for many years before you need to "touch up" your smile, by wearing the trays for 3-4 days.

The instructions for the home whitening are:

- Brush and floss your teeth before inserting the tray
- Place a thin line of whitening gel on the front side of each tooth in the whitening tray
- Remember, there is no need to fill the tray because of the accuracy of the fit of the tray
- Place the tray into your mouth and push it firmly into place, making sure that the gel spreads to cover the entire tooth surface
- Wear the whitening gel in the trays for a maximum of 2 hours, 2-3 separate times during the day. The whitening solution has an activation time of about 2 hours. This means that if your only treatment time is at night while sleeping, you will only be receiving about 2 hours of whitening per day and the treatment may take slightly longer to achieve the desired results.
- Rinse the tray with water after removing from the mouth and store in the provided carrying case when not using it.
- We will want to see you in about 7-10 days to see how you are progressing with your new smile

Although most patients experience no problems with their whitening, we have seen some of the following side effects:

- Sensitive teeth (*this is usually only temporary for a few days and will subside*)
- Gum sensitivity (*This usually shows up after about 3 days and is the result of the solution sitting on the tissue. Decrease the amount of time you wear the tray for a few days.*)

Our entire staff has been specially trained to provide you with state-of-the-art whitening materials and techniques. Feel free to ask any questions you may have regarding your tooth whitening progress. As always, our goal is to provide the very highest quality dental care available and at the same time, make you feel as special to us as possible. We realize you have chosen us to take care of you and your trust is never taken lightly. If there is anything we can do to make your dental treatment more comfortable or enjoyable, please do not hesitate to let us know.

### **Aesthetic, Implant & Sedation Dentistry**

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