

Please feel free to call our office for any additional questions or comments you may have. We will be happy to see you for a complimentary whitening check if you are concerned about anything.

## Problems and Solutions

*Whitening is very safe. However there are a few things you should be aware of.*

### **PROBLEM:** Sensitive Teeth

**CAUSE:** The whitening solution stimulates the nerves of the teeth and affects everyone differently.

**SOLUTION:** Rest assured that this is a temporary problem. It should go away completely within two weeks, after you finish whitening.

### **SENSITIVITY TIPS:**

- See the sensitive teeth section of this brochure.
- Use over the counter pain relievers such as Tylenol or Ibuprofen and Sensodyne toothpaste.
- Whiten less often (every other day).
- Use less whitening gel in trays.
- Don't whiten for longer than 2 hours at a time.
- Use whitening trays as fluoride trays (*prescription required*).

### **PROBLEM:** Uneven Whitening

**CAUSE:** Everyone's teeth are different. Some parts of our teeth (especially close to the gum line) do not whiten as quickly as other parts. However, sometimes the trays you have may not be covering your teeth correctly.

**SOLUTION:** Be sure your trays are covering your teeth entirely. Also use enough whitening gel. Check by looking at the trays in a mirror. You should be able to see the whitening gel inside the trays covering the teeth. If you cannot make the trays fit properly please call us right away. As we may need to make new ones for you at no additional cost. The trays must fit well for optimal whitening results.

### **PROBLEM:** Gum Sensitivity/White Gum Tissue

**CAUSE:** The whitening gel is oozing out onto your soft gum tissue. This happens when you use too much in your trays.

**SOLUTION:** Stop whitening for a day or two until the gums heal. Use less gel in the trays and be sure to wipe any excess off your gums after you put the trays in and after you take them out.



## Whitening Guide



**(208) 524-0870**

[ParkWestDental.com](http://ParkWestDental.com)

885 Pancheri Dr | Idaho Falls, ID 83402



# Teeth Whitening Instructions

*Our mission is to make life better for you! To better accommodate our patients we offer both DayWhite or NiteWhite whitening gel. Whiten your teeth when it is convenient for you!*

**Brush and floss** all teeth thoroughly.

**Apply whitening gel** in one small dot to the front surface of the tray for the teeth you wish to whiten.

**Insert whitening trays into mouth.** Follow instructions specified for your whitening product. It is included with the whitening gel package.

**Press trays gently** onto teeth to ensure a tight seal against each tooth.

**Whitening is usually complete** at 14 days, but may be finished sooner or take longer for some teeth.

If your teeth should need whitening again in the future, only a few sessions are generally needed. The trays can be used as long as there are no major changes in the shape or position of your teeth. More whitening gel is available for purchase from our office at a minimal cost.

## Shade Guide



Beginning Shade: \_\_\_\_\_

### Care of Trays

*To achieve optimal whitening results it is important to care for your trays, to prevent distortion. Follow the instructions below:*

**Gently cleanse** the trays with dish soap and a soft toothbrush as needed.

**Store trays** in your case, in a cool place (do not leave trays in a hot vehicle).

**Keep trays** out of reach of children and pets.

# Sensitive Teeth While Whitening

*There are multiple options for dealing with sensitive teeth. Please contact our office after reviewing the solutions below.*

1. Start brushing with Sensodyne brand or other "sensitive" toothpaste 2 weeks prior to whitening.
2. Brush daily with Sensodyne toothpaste during your whitening treatment.
3. Alternate whitening every other day or wear them for less time.
4. After whitening, remove and rinse your trays. Then put some Sensodyne toothpaste in them and wear for another 15 minutes.
5. There are different strengths of whitening gel and you can try a lower percentage to help reduce the amount of sensitivity.
6. Use a desensitizing agent to reduce sensitivity. The doctors at Park West Dental Care can recommend the correct products for your needs.



**\*\*If you experience significant sensitivity of your teeth or gums, call our dental office immediately @ (208) 524-0870.**