



Patient Instructions for Inside/Outside Home Bleaching with Trays

This is a well-recognised and documented procedure to safely reduce the darkness of root filled dark teeth. This is called the “target tooth”. We must re-emphasise that this should significantly improve the colour of the darkened “target” tooth but does not guarantee a perfect and/or permanent result (see Addendum).

It can be used in isolation, or in combination, with other Restorative procedures. This technique uses custom-made whitening trays and Carbamide Peroxide bleaching gel used at home by the patient.

The long-term success (or failure) of this procedure is very dependent on the understanding and co-operation of the patient.

Thus, please:

1. Thoroughly clean your teeth, floss and use interdental cleaning aids as instructed. This includes cleaning the hole inside your “target tooth” to make sure any debris and plaque is removed. This should be cleaned with a Single-tufted toothbrush and a TePe brush, both used vertically.
2. Place a small blob of gel on the front surface of the tray in the area of the target tooth. This blob should be the size of a lentil and much smaller than a pea size.
3. Carefully examine the hole in the “target tooth” with the dental mirror provided.
4. Insert the blunt plastic syringe into the hole in your “target tooth” until you hit a “hard stop”. Then press the plunger gently and slowly retract the syringe. You may feel a very small amount of excess gel with your tongue.
5. Immediately insert the tray.
6. The treatment is most effective if the tray is worn constantly with the gel replaced every 2 hours. After every whitening cycle, the gel from the tray needs to be removed with cold water and a toothbrush. The “target tooth” needs to be brushed and the hole cleaned with a Single-tufted toothbrush and a TePe brush.
7. Cleanliness of the “target tooth” should be confirmed using the dental mirror provided.
8. The tray should be worn over night also, with fresh gel placed just before going to sleep.
9. Whitening should be stopped when the “target tooth” is just visibly whiter than the adjacent teeth. This can take 1 to 14 days. Some patients may describe this as 10% whiter than the adjacent teeth.

10. The neck of the tooth can sometimes not bleach as effectively as other parts of the teeth.
11. The whitening procedure may require repetition on an infrequent basis.

NB: Please keep the tray and gel out of the reach of children.

Allergic reactions are exceptionally rare. Please stop immediately and contact our team urgently

Addendum:

An ideal result. The target tooth is exactly the same colour as the adjacent teeth.



A more common result. The target tooth has whitened significantly. On close inspection, however, the tooth is not the same colour as the adjacent teeth due to the long-standing discolouration, rotations and white spots on the teeth. The edge of the target tooth is slightly whiter than the adjacent teeth and the neck is slightly darker. This is far less visible at a conversational distance and in normal lighting.

