

Tooth Whitening

On mildly discolored teeth, results can be seen after one or two days. Darker stains may take longer. While results vary, the average patient will require 7-10 days of treatment to achieve optimal results. Some of the factors that will affect the required treatment are the density of the tooth, type of stain, percentage of carbamide peroxide, and length of time that the gel is kept in the mouth for each treatment.

Nite White® is effective whenever the patient chooses to wear it. Most people find that the easiest time to have the trays in their mouth is while they are asleep. Wearing the trays while sleeping avoids conflicts with eating, drinking, and many other normal daytime activities. In addition, because of the high viscosity (thick consistency) of the gel, it will be active in the mouth with very little ingestion for up to 8 hours. For patients with sleep disorder including bruxism (tooth grinding), we recommend whitening during the day (22% Nite White® or 38% Day White®) only.

Even though the Day White® and Nite White® whitening process is permanent, most patients will re-stain the surfaces of their teeth over time. Therefore, the amount of time between touch-ups will depend on the staining habits and tooth structure of the individual. For the average patient, a 1-2 day touch up is necessary approximately every six to twelve months.

You have been prescribed:

- 10% Nite White® - Wear during sleep
- 16% Nite White® - Wear during sleep or for 1 hour during the day
- 22% Nite White® - Wear for 1 hour, once per day
- 38% Day White® - Wear for 30 minutes, once per day (1 hour MAXIMUM)

For best results, please follow these guidelines:

- Begin whitening while teeth are their cleanest, preferable on the day of your dental hygiene appointment.
- Refrain from "colored" beverages (coffee, tea, red wine, grape juice, soft drinks "Coke") and foods (blueberries, cherries, soy sauce) for at least 24-hours after whitening.
- Your teeth will temporarily feel rough and more susceptible to staining than before. Using a prescription strength fluoride toothpaste once per day while whitening and for one week after will help your teeth feel smooth as well as lessen future staining on your teeth.
- Use whitening product for 7 to 10 consecutive days.

Directions for use:

- Brush & floss
- Place a thin line of gel in the inside of your custom-fitted tray from pre-molar to pre-molar; avoid whitening on molar teeth.
- Sip only water while wearing trays. Do not drink alcohol or smoke while wearing trays.
- Wash out and gently brush trays after each use. Store inside your special container. Keep your trays out of reach from any pets.

Nite White® contains ACP, Amorphous Calcium Phosphate, to prevent sensitivity. In the rare situation that your teeth become sensitive, there are several solutions we can recommend to make you more comfortable.

If you have any concerns, please call us at (727) 724-4227. We care about you.