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## **Tray Tooth Whitening Instructions**

Congratulations! You will be beginning the process of whitening your smile. Please take the time to carefully read this important information since it will help you avoid problems with your tooth whitening treatment.

First of all, **your mouth has to get used to wearing the tooth whitening trays**. For the first **two days**, you are only allowed to wear your whitening trays with the whitening gel in them for **four hours each day** during the daytime. Wear them while you are awake so that if there is a problem, you will know about it. Most patients remain comfortable during these two days. If you are comfortable wearing your whitening trays after two days of daytime wear, wear them while you are sleeping for the next **seven (7) nights**. Do not skip any nights since you have to wear them continuously every night for seven nights in a row. You must then return to the office for a short visit to be evaluated by Dr. Padolsky.

In some patients, the tooth whitening gel irritates the roots of the patient's teeth and causes dental pain. Your teeth may become very sensitive to hot and cold. If this happens to you, call the office and inform the receptionist of the problem. Patients who experience tooth sensitivity during tray tooth whitening must have **tooth sensitivity treatment**. This is a relatively cheap and easy treatment that you do at home. Instead of placing the whitening gel in the trays, a fluoride gel called **PerioMed** is used. The trays are loaded with PerioMed gel and are worn at night for the next seven to fourteen nights. After desensitization, the tooth whitening treatment can usually be done. If necessary, Dr. Padolsky may choose to modify your tooth whitening treatment or modify your tooth whitening trays.

Tray tooth whitening has many benefits. If you are not happy with the new color of your teeth after nine days of tooth whitening, you can repeat the process again. Dr. Padolsky suggests that you wait for a few weeks before your next whitening treatment to give your teeth time to rest. Be aware that tooth whitening does not change the color of existing dental restorations and as your teeth become whiter, your old restorations may appear discolored and need to be replaced. Replacement of old restorations is not part of your tooth whitening fee. Of course, tooth whitening does not change the shapes and arrangement of your existing teeth. Dr. Padolsky is passionate about designing new beautiful smiles, so if after your tooth whitening you are interested in a totally new smile, let him know.

Tray tooth whitening is a great investment. If you are careful and take good care of your tooth whitening trays, you can use them over and over for several years. However, if you have dental treatment performed that changes the shapes of your teeth, you may have to have new impressions and new trays constructed. Possible additional treatment is not included in the costs of your current tooth whitening treatment.

Tooth whitening is not permanent and often has to be repeated every few years or so. If you have a wedding or some special event to attend or if you just want to re-whiten your teeth again, you can repeat the tooth whitening treatment yourself. We do sell new tubes of whitening gel to patients who have had their tooth whitening done in our office. In addition to tray tooth whitening, the Atlanta Dental Group PC also offers **Zoom 2** power whitening which takes about an hour.

Thank you for allowing us to care for you! We really do appreciate it and of course, if you are happy with your care, please refer your friends.