

HOME WHITENING INSTRUCTIONS

1. Nite White home whitening gel is a carbamide peroxide gel with a neutral pH of 6.9. Carbamide peroxide has been FDA-approved for many years as an oral antiseptic and teeth whitening agent. In office whitening utilize a caustic solution which is accelerated by a heat source like Laser. Nite White utilizes a mild solution, which is dispensed to you by us and is applied outside the office by yourself using a custom-made mouth guard tray that can be worn during day time or while you are sleeping at night.
2. Best results are achieved when the treatment is uninterrupted. By alternating, or skipping days/nights the process will have to be extended in compensation of time missed.
3. 90% of the whitening power of Nite White gel is dissipated after the first 2-3 hours of wear. You may bleach your teeth overnight or for 2-3 uninterrupted hours during the day. Shorter treatment time results in the process being extended. Treatment can also take place day and night for faster results.
4. You should continue the treatment for 1-2 nights after the teeth reach their desired whiteness. The final shade will be achieved about two weeks after finishing the whitening process.
5. Each syringe has calibrated markings, which delineate each unit dose. Each syringe has six doses (3 nights upper and lower arches). More gel per application is not better! If you use too much gel per application, extra syringes may be required to complete the treatment.
6. Tooth sensitivity is a common side effect of home whitening. In most cases sensitivity subsides as the treatment progresses. If uncomfortable sensitivity persists, you should call our office immediately for advise and DO NOT stop treatment unless we recommend you to do so. In almost every case sensitivity will disappear within 1-2 days after treatment completion.
7. Teeth may darken with age regardless of whether they have been whitened or not. This will vary from one individual to the other. In the years to come you may want to touch them up. If you finish your treatment and has gel remaining, you may refrigerate the gel and store the whitening trays in a safe place and use them for touch-ups later on, as needed.
8. Researches have proven again and again that home whitening is a safe way to whiten teeth and will not damage teeth or cause any long term alteration to teeth structure. Therefore, have a happy whitening and enjoy your new whiter, brighter smile.