

Deep Bleaching



Brown &
Chmielarski
Cosmetic
Restorative
Dentistry

The Deep Bleaching Method is a four step process:

1. Exam, cleaning to remove proteins from teeth & impressions for custom-fit bleaching trays
2. In-office Bleaching (Conditioning Session)
3. Wear custom-fit trays for 14 nights
4. Second In-office Bleaching (with Sealer)

Home-Care Directions

Just before sleep, take two Aleve tablets (Naproxen Sodium). Aleve is an over-the-counter medication similar to Advil (ibuprofen), that lasts seven hours. Advil works very well also, but does not last as long for over-night bleaching. The whitening gel and trays may cause temporary inflammation of the teeth and gums, resulting in some soreness. Aleve and Advil are great anti-inflammatory medicines. It is very important to control the potential for inflammation and soreness.

You will start bleaching immediately before sleep. If you usually lie in bed watching television before sleep, wait until you are ready to sleep before using your bleaching trays.

Brush your teeth immediately before each bleaching session with Rembrandt Plus Toothpaste (which contains an active whitening ingredient that helps start the bleaching process). It is important to brush immediately before bleaching because protein from your saliva will coat your teeth within minutes after brushing, and could inhibit the bleaching agent from whitening teeth as quickly. If you normally tend to have teeth that are sensitive to tooth brushing, cold or sweets, use Rembrandt for Sensitive Teeth Toothpaste instead. This will help de-sensitize your teeth before bleaching.

Squeeze a dab of bleaching gel into each reservoir on the inner side of the outer walls of the trays (except in the very last molars). We will demonstrate this for you during your next visit. The gel is thick and the trays are flexible, so the gel will cause the outer rim of the tray to be pushed away from the gum line. After you put the tray in you'll need to firmly push the tray back against the teeth to establish the seal of the tray at the gum line - **this is very important**. We will demonstrate this also.

If you've put too much gel in the tray, you'll notice a significant amount of gel oozing out from under the edge of the tray. Take a Q-Tip and remove the excess, and next time use a little less gel. If you've put in too little gel, you will see through the clear tray some large open voids (little bubbles are ok) in the reservoirs not entirely filled with gel. If you see this, do NOT remove the tray. There is plenty of gel in the reservoirs to start your bleaching, but next time use a little more gel.

In the morning, after removing the trays, rinse your mouth with luke-warm water. Cold or hot water may be slightly uncomfortable to rinse with at that time. Clean the trays with Q-Tips under **cool** running water.

What to Expect

Your teeth and gums may become sore and sensitive during the first 3-4 days of bleaching. Taking Advil every 4 hours during the day will help this. The sensitivity usually decreases after the first 3-4 days.

You may notice that your teeth start to look "funny". They may develop white spots. The area of the teeth near the gum line may look dark (this is just because the rest of the tooth will have become so light by comparison). Or the color may look too opaque (chalky). Don't fear. This will all even-out during the final Deep Bleaching visit and the two weeks after you stop bleaching.

You may find that your lower teeth do not lighten as quickly as your upper teeth. This is because the lower teeth are smaller, the enamel is thinner, and the reservoirs will be smaller. Again, do not fear. The final Deep Bleaching visit will whiten them beautifully.

Permanently Maintaining Your New White Tooth Color

All natural teeth darken with time. It's normal. And what accelerates this darkening is abrasives in toothpaste. Imagine you have a car with a new shiny white paint job, and you get some oil on the paint. Water alone won't get off the oil. If you're smart, you'll use a very mild soap in water to dissolve the oil and leave the surface shiny.

But what if you used a kitchen cleanser like Comet or Ajax? Sure, that would get off the oil, but it would leave the paint dull. Not only would the paint be dull, but it would accumulate dirt and stain quickly. And after a year, the paint in this area would be darker because the surface roughness would allow stains to soak into itself.

Well, all major toothpastes do the same to your teeth—all but Rembrandt Toothpaste, that is. All of the Rembrandt toothpastes have very low abrasion, yet they remove stains better than any other toothpaste. Like the mild soap we talked about, Rembrandt uses a natural enzyme from the papaya fruit to dissolve away the stains. So your teeth stay very glossy on the surface and do not collect or absorb stains quickly. The Rembrandt Plus Toothpaste has some additional benefits over the other Rembrandt products. It has an actual bleaching agent in it to keep your teeth color stable. Starting now, this should be the **ONLY** toothpaste you ever use. Look for it in the toothpaste or tooth-whitening section at the drug store. Or you can order it directly from the company at (800) 924-4950 or on the Internet at www.theessentials.com.

Additionally, you should wear the bleaching trays while you sleep, at least one night every one to four months as additional protection against darkening. Wearing the trays one night every three to four months will keep your teeth a very stable color indefinitely, however, if you want to keep them at an even brighter white indefinitely, you may wear the bleaching trays one night every month.

In certain cases, we may have even more frequent maintenance in the beginning to "set" the color. Follow these instructions and your teeth should always stay white and bright.

Important Information

During the two weeks of at-home bleaching, stay away from staining foods and drinks. During bleaching, the "pores" of the teeth are open and more susceptible to staining. Any food or beverage which would permanently stain a white shirt or blouse, could also stain your teeth. If possible, when drinking a staining beverage, it may help to keep the beverage off the outer surface of the teeth by carefully drinking through a straw. Smoking should also be held to a very minimum during the bleaching process.

On your final Deep Bleaching visit, we will apply a glossy clear protective coating on your teeth, and you will not need to avoid staining foods after that visit.

If possible, do not skip nights when bleaching. We find that this slows down the whitening process.

Store your bleaching trays safely. Keep them in the case provided. Keep them away from heat because heat will destroy them. Don't leave them in the hot car. Don't put or wash them in warm or hot water. And keep them away from your dog. Dogs seem to think that bleaching trays are chew-toys.

Most importantly, place the trays carefully in the case. When you shake the case, you should feel that the trays are loose. If they are not, and they are being bent inside the case, this will distort and totally destroy the trays.

We know you are going to be thrilled with your Deep Bleaching whitening results, but only if you are able to comply with the above instructions. If you have any problems or questions, call us right away (386-677-1046).