



Frequently asked questions about 15% Home Whitening

1. **Can I wear the trays while I sleep?** Yes.
2. **Can I wear the trays longer than the recommended 1 hour?** Yes.
3. **Can I lighten for more than 14 days?** Yes, but the teeth reach their maximum change by the 14th day. There is no added benefit to wearing it longer unless you have tetracycline stains, in which case, you wear the trays for a year.
4. **Can I lighten my teeth when pregnant?** No.
5. **Can I eat or drink while I wear the trays?** No.
6. **Are there any foods or drinks I should avoid?** Yes, you want to avoid anything that stains your dishware or cups. Avoid all tobacco products, dark liquids (coffee, tea, colas, soy sauce, red wine, grape juice, Kool-Ade), dark foods (blueberries, tamarind, cocoa, powdered yellow cheese products, orange Metamucil), acidic foods (oranges, lemons, limes, tomatoes, pineapple, marinara sauce). Be aware that these products counteract the lightening effect. If you aren't sure about a food or drink, please call our office.
7. **Can I drink coffee through a straw?** No, it is not recommended. Try drinking white tea. If you absolutely have to have it you must be aware that coffee counteracts the lightening effect.
8. **I am seeing lines and spots on my teeth. What should I do?** This is a normal occurrence. The lightening is a process that takes 14 days and what you see are areas of your teeth that have lightened more quickly. Within days after the process is complete all will be blended.
9. **My gums look white. What should I do?** Stop wearing the trays and apply some Vitamin E oil on the area. The whiteness is caused by overfilling the trays and getting the gel on the gums. Vitamin E oil is available at the grocery store or pharmacist in gelcap or bottled. To get the oil out of the gelcap, hold it gently and pierce it with a needle and squeeze the oil and apply with your finger. If you use the bottled oil, put a drop on a Q-tip and apply where needed. When the whiteness is gone, in a day or two, you can resume the process. Be careful not to fill the trays with too much gel.



1014 LAMOND AVE, DURHAM, NC 27701 – 2021 • 919.682.5327 • DRLIST1014@AOL.COM

10. **My teeth look darker at the gumline and on my canines.** This is normal. Teeth are usually lighter at the edges and darken as you get closer to the gumline. Canines are naturally ½ shade darker than incisors.
11. **Will I need to redo this process?** Yes, to maintain your new shade. It is at your discretion how frequently you want to maintain your new shade. Your diet (dark foods and liquids) and habits (smoking) will have an effect on how long your new shade lasts. You will be able to tell when it's time. You will notice your teeth are looking yellow or dingy. The maintenance protocol is wear trays overnight with Opalescence and then 5 minutes with Sensodyne ProNamel for 3 days.
12. **How do I get more lightening gel and Sensodyne ProNamel?** Our office always keeps Opalescence in stock. You may purchase more at any dental visit or call us at 919-682-5327, to be sure the office is open and stop in and buy more. Sensodyne ProNamel may be purchased where all toothpaste is carried or you may get a tube at your next hygiene visit.
13. **If I have any gel left over what do I do?** After the process is completed, if you have any solution left to use for future maintenance you may store any leftover gel in the refrigerator. Keep the gel out of heat and sunlight. Do not leave it in your car. Do not freeze.
14. **What do I do if my teeth get sensitive?** Stop wearing the trays until the sensitivity stops, usually in a day or two. This is a transient sensation for some people and can range from a mild sensitivity to a sharp zing. When you are ready to resume the process, wear the trays for 5 minutes with Sensodyne ProNamel, wipe out the tray and apply the whitening gel and wear for 30 minutes, wipe out the tray and apply the Sensodyne ProNamel and wear it for 5 minutes. Continue this method until complete. If sensitivity returns, stop the process until sensitivity ceases and wear the trays every other day in the above manner. For continued sensitivity, stop until the sensitivity subsides and then wear the trays every third day in the above manner. Separate each gel application by 2 days of no treatment until the 14th day of application.
15. **Will my existing dental work change color?** No. The lightening gel only works on natural tooth structure. Some old amalgam (silver) restorations may leave a dark purple color in the tray. This is caused by the oxidation of the material and is normal.