

## **Teeth Whitening Guidelines by Dr. Watson and Dr. Niven**

We are often asked what we think about in-office whitening techniques versus the take-home tray technique. In our office we recommend the take-home whitening technique for several reasons. Our experience has been that the current in-office whitening systems, although they may be done in a shorter amount of time, produce greater sensitivity and less whitening. In contrast, the take-home whitening may take longer, but we find the results are easier to control and maintain for the long term. Also, we feel the sensitivity can be managed better and the final outcome seems to be more evident. We are confident that both systems work to varying degrees, but feel the take-home whitening is better suited for our patients.

### **Here is the current whitening protocol we recommend...**

1. Brush and floss teeth to remove plaque and debris.
2. Place gel into trays as instructed as instructed.
3. Place trays with gel into mouth and wipe excess gel off of gums.
4. Wear trays initially for 2 hours
  - If you become sensitive you may reduce time to 1 hr or alternate days. If you experience no sensitivity after 2 hours you may increase the duration you wear the trays.
5. Remove trays and brush teeth with fluoride toothpaste
6. To clean trays use toothbrush with water to clean gel out of trays.

Some people experience transient sensitivity to whitening that does subside with time, normally within a couple of days of terminating the whitening process. If patients are sensitive during bleaching they may use a sensitive teeth toothpaste (i.e. Sensodyne® toothpaste) to help with the symptoms.

Regards,

Dr. Watson & Dr. Niven