

Glenridge Orthodontics Wants You to Whiten Your Smile!

A guide on how to get that white smile you've always wanted.

How Does It Work? The Gel is made of a special dental version of Hydrogen Peroxide. $H_2O_2 =$ Hydrogen Peroxide

It is not toxic when used as directed and will be completely neutralized in your saliva and breaks down into H_2O (water), H_2 (hydrogen) and O_2 (oxygen). If you swallow what is in your saliva, it is fine. The gel has a tangy taste to it. Its best to use a small dot on each tooth to minimize sensitivity to the teeth and gums.

Hydrogen peroxide acts as an oxygenating agent causing oxygen to enter the enamel (the outer layer of your teeth) and dentin (the inner layer of your teeth) to break up deposits lodged in your tooth structure. The strength of this active agent is limited for safety concerns. Your tooth structure remains unchanged, only the inner tooth surface is made whiter. Since this is not an acidic action, it does not weaken the enamel according to 20 years of research. Whitening acts only on the molecules that carry the discoloration and its effects will depend on the strength and duration it is in contact with your teeth. Porcelain restorations and composite fillings will not whiten. The dark margins of a restoration can whiten if it is tooth structure and not composite. Whitening all the time where your teeth hurt a lot (pain more than 10 times in a week) can damage the nerve, but if you have some sensitivity a few times not to worry.

At First, Only whiten your top teeth. This will let you know how fast it works and that it does indeed work. If you don't see how it works, and how well it works, you won't understand how to best to use it, and then you won't be as motivated and never get the change. You need to see the difference between top and bottom. To see your top teeth so nice and white and your lower teeth very yellow will stick in your mind and keep you focused on whitening. Non-compliance will yield poor results. Not seeing a change increases non-compliance. This is why you can not whiten top and bottom at the same time. Follow the doctors advice and always ask the doctor if you have any questions.

Put one small dot in the mid center of the inner facial surface of each tooth in the retainer. Use the gel for all teeth except for the large molars. The gel will spread when put on. Later in treatment, you may only want to place the dot on only some teeth (canines and premolars) that require more time. Use discretion to blend the whiteness of your teeth.

Consistency is needed to whiten your teeth over two months. Consistent Nighttime whitening works best, every night. If you do it during the day, your saliva will neutralize the gel and it will not work the best. Also, talking with it on will introduce saliva into the tray and neutralize the gel. **16% Start with 4 hours, can increase to 10 hours in 30 min increments.** **22%: Start with 2 hours, and increase in 30 min increments, maximum 8 hours (but depends on how much gel you use).** **35%: Start with 5 minutes, and increase in 1 minute increments every day, maximum 15-20 minutes. (only for 18 yrs+ pts)**

If you have sensitivity, reduce the time Only for the sensitive teeth until you become more tolerant for an increased time. If you have a lot of sensitivity on some teeth then only do those teeth when awake. Teeth that are not sensitive require night time whitening to soak into the enamel fully. The sensitivity comes from irritating the nerve of the tooth when the gel soaks in over hours. This sensitivity will go away in a day or less. Its less pain than a moving tooth from orthodontic treatment. The lower incisors are thinner teeth and get sensitive faster. Only whiten the 4 lower incisors when awake. Apply the small dots every night. This way of whitening your teeth will last a long time and yield best results. The gel should be placed as far back as the second premolars. Only whiten the molars if you see them in a normal smile after whitening all the other teeth. The front incisors whiten faster than the canines and premolars. You will have to whiten the side teeth, canines and premolars for a longer time and stop whitening your upper incisors when they become much whiter than your other teeth. If you have sensitivity with your front incisors, try whitening your canines and premolars first because they take longer anyway. Your lower incisors may need to be whitened separately when awake for less time if sensitive. You should whiten your lower incisors for a few hours when you are awake if they get sensitive to the gel after a few hours.



