

canmore dental practice

Patient Information | Tooth Whitening

In recent years there have been dramatic changes in the methods used to whiten teeth. The methods we use today are more sophisticated and advanced, than those previously available. The most effective way to whiten your teeth is at home under the supervision of your dentist.

The Illumine home bleaching kit contains your own custom made bleaching trays, storage case and 3 syringes of bleaching gel.

How it work

The active ingredient in the gel releases oxygen, this penetrates into the teeth, in turn lightening the shade of your teeth. Everyone's teeth have a natural limit of how white they will become. In addition to whiten the oxygen also deep-cleans the teeth by removing microscopic debris from the tooth structure.

Directions for use

The trays are worn overnight for two weeks

- Before bed brush your teeth thoroughly for 2 minutes immediately before each bleaching session.
- Squeeze a small amount of gel into each reservoir on your tray
- Dab the teeth dry with a tissue
- Put the tray in, gently press the tray around the gums to seal the gel in (any excess gel can be simply wiped away with a tissue)
- In the morning remove the trays and rinse your mouth with slightly warm water (cold or hot water may be uncomfortable)
- Brush teeth with Sensodyne toothpaste for 2 minutes
- Clean the trays with cool water (hot water will damage the trays)
- Leave the trays in the open box to dry during the day

You will see results very quickly, normally within 3 days but to complete the process trays should be worn for 2 weeks, this will help retain the new shade of your teeth.

You may experience some sensitivity during your bleaching. This can be reduced by the use of Sensodyne toothpaste. If extreme sensitivity occurs you can put Sensodyne toothpaste into your tray and wear overnight, alternate nights this with the bleaching gel to eliminate the sensitivity.

It is important that you avoid any foods or drinks which are likely to stain the teeth during the bleaching process (any food or drinks which will stain clothing will also stain your teeth)

If you have any further questions or would like to discuss bleaching in more detail please feel free to ask your dentist or dental nurse.