

Dr. Dulac's Home Whitening **("Brightening" / "Bleaching") Instructions**

Dental "bleach" or "whitening" agent is typically carbamide peroxide. This is very close to hydrogen peroxide (on rare occasions you may find it labeled hydrogen peroxide). Like hydrogen peroxide, it breaks down into water in the presence of light or heat. Storage is fine on the counter top at room temperature. Avoid direct sun light. Avoid heat. Long term storage (months) is best in your refrigerator. Do not leave it in your car on a hot summer days.

The result is a matter of (1) **concentration of agent**, (2) **time**, and (3) **delivery method**.

The best delivery mechanism is a custom bleaching tray. You can also use a clear retainer or Invisalign orthodontic tray. A step down from that is a stock tray (like the Opalescence or Sure Smile trays we sell – "behind the counter" products). Crest white strips work but they are very hard to fold onto the teeth.

Any whitening gum or mouthrinse is a marketing gimmick and does not work. Whitening toothpastes have higher abrasive content and help keep surface stain off the teeth. They prevent stain, but don't whiten the core of the tooth like bleaching does. As we age, the white enamel gets thinner. Surface stain that is hard to polish out gets in little pits and grooves and chips and cracks, staining the outer part of the tooth, and the inner core of the tooth (the yellow part) or dentin, gets thicker. So, there is a natural discoloration that occurs with age. Whitening will get your teeth back to your color in your 20s, sometimes brighter.

The concentration typically ranges from 9% up to 32%. Whatever "strength" or % you get, start with the recommended time of use (15

6124 Brandon Ave. Springfield, VA 22150
P (703) 451-4500 • F (703) 451-7164

minutes or 30 minutes typically). Then grade it up to an hour or overnight if you're not having sensitivity issues.

Expect sensitivity when whitening. It's temporary and will go away a couple days after you stop. Whitening does NOT hurt the teeth in any way.

As long as the recommended time is not hurting your teeth, you can increase to an hour, then overnight. Lower concentrations are designed to be worn overnight. We stock both high and low concentrations for that reason. If you prefer to wear them only 30 minutes, get the higher concentration. If you're in Invisalign therapy and want an agent designed to be worn overnight, get the lower concentration.

It will work. If you don't get the result you want after 1-2 weeks, just do it longer. The result is slow. I like to refer to it as "brightening" rather than "whitening." Don't worry, the result is gradual, and it will not turn your teeth toilet bowl white (like Ross on that Friends episode).

Application:

For stock trays (Opalescence) put it over your teeth, the green part then comes out, leaving a white part on your teeth (similar to white strips but better shape). Then you throw it out when you're done (both the green and white parts). Sure Smile also has a reusable tray, you apply the bleach into the tray, rinse out the tray when done for the next use. A line of bleach is applied to the tooth facing portion of the tray.

For custom trays or aligners, apply a very small dot, the smallest you can, to the facial side (lip side/visible side) of the tray. Everyone overuses it. The smallest amount you can apply will spread out. Dr. Dulac includes free bleaching when you do Invisalign or clear aligners at our office. Additional 32% syringes of bleach can be purchased for \$25/box (2 syringes/box). Three (3) boxes would typically be enough for 2 weeks of whitening. Additional 9% boxes (4 syringes/box) can be purchased for \$40 per box. Two (2) boxes should be sufficient for two weeks of whitening.



Jason W. Dulac, D.D.S. • DulacDDS.com

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Final notes:

Remember sensitivity is normal, if you're in the 5% of the population that it bothers you enough you want to stop, you can always stop, or take a break for a couple days and then resume or do a week of whitening every 3 months rather than two weeks every 6-12 months. Most people who whiten touch it up every 6-12 months. For this reason, our Zoom "In Office" whitening solution, which will get you your best and most immediate result, comes with custom trays for touch up.

Custom trays are "good for life" (unless you drastically change the teeth shape with numerous crowns or veneers). If you get veneers, Dr. Dulac will make you a new whitening tray for free.

Please call the office with any questions. Any of the assistants or hygienists can answer any questions you have about any of our whitening solutions.

Enjoy your brighter, younger smile!

A handwritten signature in black ink that reads "Jason Dulac D.D.S." in a cursive script.