

## NiteWhite At-Home Whitening Treatment

Only a dentist can provide the maximum strength at-home whitening kit. NiteWhite is a product that is dentist monitored, and is a safe and effective way to lighten the color of natural teeth. Using custom-fitted trays, patients are able to experience a more comfortable whitening treatment with less sensitivity. The whitening gel containing ACP and potassium nitrate will allow our patients to maintain a whiter, glossier smile much longer than any other store-bought product.

NiteWhite is not for everyone. Please consult your family physician prior to using NiteWhite gel if you are currently being treated for a serious illness, are pregnant or lactating, or if you are under the age of 13. Do not use NiteWhite if you are allergic, or have a sensitivity to any of the ingredients.

Results will vary between patients as anatomy, age, tooth condition, restoration work, hygiene and starting shade heavily impact results. Be aware that crowns, veneers, fillings, dentures and some other restorations will not whiten. With proper maintenance, your teeth will always be lighter once you whiten. Although most patients will achieve optimal results within 2 weeks, consult your dentist about continued use if you are not satisfied with the results.

Patients treated with NiteWhite will experience some fade-back in extended amounts of time. Touch-up kits are available for patients who wish to maintain optimal results.

### NiteWhite Treatment Instructions

#### Pre-Treatment:

We recommend our patients use Sensodyne tooth paste for at least 2 weeks prior to whitening.

#### Application Instructions:

1. Brush (with Sensodyne toothpaste) and floss your teeth.
2. In a counterclockwise motion, twist off the clear plastic cap from the syringe. Twist on the mixing tip clockwise.
3. Place a small amount of gel in each tooth in the bottom of the tray.
4. Place the clear cap back onto the syringe when finished applying gel to the trays. Store in a cool dry place.

#### Treatment Instructions:

1. As you insert the tray into your mouth, be careful not to push the gel out of the tray. Bubbling within the tray is normal. Over loading the trays with gel may cause temporary gum irritation. Brush access gel

away from gums using a dry, soft bristled manual tooth brush or cotton swab.

2. It is recommended that NiteWhite trays be worn overnight or for 4-6 hours, for 1-2 weeks, to see optimal results.
3. It is normal to see dark colors in trays where you have silver (amalgam) fillings.
4. Do not eat, drink or smoke while wearing trays.

#### Post Treatment:

- Avoid tobacco, and staining foods and drinks for at least 30 mins after each treatment.
- Continue good oral hygiene to help maintain whitening results.

#### Potential Adverse Effects:

- *Sensitivity* - Some patients may experience tooth sensitivity, especially to cold, during the treatment. Symptoms should subside within 1-3 days. Try whitening every other or every third day/night. Aspirin or Ibuprofen may be taken for pain relief and continue to use Sensodyne toothpaste.
- *Gum irritation* - Reduce the amount of gel in the trays. HP (Hydrogen Peroxide, an ingredient in NiteWhite) is absorbed into the tooth and whitens from the inside, so it's not critical to cover the entire tooth.

<http://www.teethwhitening.com.au/nitewhite-daywhite-acp-instructions.html>