



NOSE
CREEK
DENTAL
CENTRE

#1, 409 – 1 Avenue
Airdrie, AB T4B 3E2
(403)948-6684

INSTRUCTIONS FOR TAKE HOME TEETH WHITENING

Congratulations on your purchase of the **NITE WHITE ACP** (22% carbamide peroxide) bleaching system. Please follow the instructions listed below to ensure a safe and effective experience.

The product you have been given is a tooth whitening gel for use in lightening the discoloration of teeth, and should only be dispensed by a dental professional.

Check your kit to ensure that it contains everything you need to whiten your teeth:

- One tray storage case
- Whitening gel syringes
- Reusable mixing nozzles

Procedure:

1. Floss and brush your teeth with fluoridated toothpaste.
2. Twist off the clear plastic cap from the syringe and replace with a mixing nozzle. Keep the small rubber cap to reseal the mixing nozzle.
3. Place a small amount of gel in each tooth compartment in the tray (a tiny tear drop amount)

If you have small teeth use a smaller gel drop, if you have larger teeth use a slightly larger drop. **Each syringe has 4 treatment doses.** Use up to one dose per tray.

Starting with the second treatment, first extrude any remaining gel in the mixing nozzle (about 1/3 dosage mark) to ensure a freshly mixed batch is used. Then place a small amount of gel in each tooth compartment as before.

4. Place the tray with the gel in your mouth. When inserting the tray, be careful not to push the gel out, but be sure that the tray is completely seated. You may see “bubbling” within your trays while wearing them. This bubbling is actually part of the whitening process.
5. Remove excess gel with your finger or dry toothbrush. Avoid direct contact of the tooth whitening gel with gums and/or salivary flow.
6. **Recommended wear time is 2.5 hours once a day, do not exceed 4 hours per application.** This procedure will be repeated for 10-14 days depending on our directions.
7. After whitening, remove and rinse the trays with cold water. Hot water may damage the trays. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case, and store them in a cool, dry place.
8. Rinse and brush excess gel from your teeth.
9. **One 2.5 - 4 hours treatment per month will be required to maintain this level of whitening. (depending on eating and drinking habits (staining) this maybe required more than once per month)**

Do:

- Place rubber tip cap on syringe nozzle after each use to avoid potential product leakage.
- Continue good oral hygiene throughout the treatment.
- Store any remaining whitening gel in a cool, dry place for later use once the whitening process is complete.
- When storing unused gel, replace mixing nozzle with the original twist off plastic cap to help ensure product efficacy.



NOSE

CREEK

DENTAL

CENTRE

Don't:

- Freeze whitening gel.
- Use the treatment while pregnant or lactating.
- Use any household or other whitening products to whiten your teeth.
- Overload whitening trays with gel since gum irritation may occur.
- Eat, drink or smoke while wearing your custom trays.

For Optimum Results:

The treatment should be uninterrupted. If you must skip a night or two, the process must be extended to compensate for the time missed. In order to maintain to whitest tooth shade possible, it is always best to avoid substances such as coffee, tea, red wine, tobacco, berries and colored sauces including soya sauce, ketchup and mustard.

In General:

Some patients experience increased tooth sensitivity to cold during the treatment. Others may have nonspecific sensitivity in their teeth, gums, tongue, lips and throat. If any of these symptoms occur and are more than mild, discontinue the treatment until you speak to your dental professional. The symptoms should subside within 1-3 days after completing or interrupting the treatment.

When the sensitivity is gone, consider the following options. If the problem is gum irritation, either your whitening trays are putting excess pressure on your gums or you are using too much gel in the trays. Place your trays on your teeth and visually examine them. If they are pressing against your gums, have your dental professional trim them.

Otherwise, try using less whitening gel per treatment. If the sensitivity is in the teeth, try whitening every other or every third night. If the sensitivity persists, ask your dental professional for Discus Dental's Satin Finish gel to be used in conjunction with the whitening gel. Again, if the discomfort continues, stop the treatment and consult your dental professional.

It is normal to see dark color in the trays where you have old amalgam (silver) fillings. The gel oxidizes the surface stains on these amalgam fillings. The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

Once you have completed the treatment, your teeth may be slightly whiter than they will remain. The final color will be achieved about two weeks after finishing the whitening process.