

Bleaching Protocols

- Upper and Lower soft trays
- To be worn at night (while sleeping) for a minimum of 4 weeks
- Patient must be committed to wearing trays Every night
- Stopping and starting – bleaching will take longer and require extra gels, therefore, extra cost
- Price includes a fixed number of gels (?8 – 4 upper , 4 lower)
- Tx usually 6 weeks, maybe less, to achieve end point
- Side effects - sensitivity when bleaching, stops when finish tx
- If +++ sensitivity during tx, return to dentist as options available to treat and still continue with tx
- Composite flgs, crowns etc. won't brighten
- Pt needs to see dentist after 2-3 weeks (to check if any problems, review tx)

- Pre op photos with shade guide - Vitapan (shade guide must be set up according to Value not hue)
- Take Upper and Lower impressions - to be posted to 'Sportscap' lab
- Fit trays - show pt how to apply gel to trays
- Photos when finished tx with shade guide – Vitapan
- Pt to keep trays for further use if necessary
- Shade will be checked at all subsequent check ups and can always top up with a gel in the future
- Checking end hue regularly avoids returning to baseline shade
- Usually no top ups for 18-24 months but can vary