

## ABOUT INTERNAL BLEACHING

### Instructions for use:

- Before bleaching, clean your teeth thoroughly and clear any food remnants or old gel from the back of the tooth with a small brush. Use the syringe provided to rinse the back of the tooth with water.
- Apply a small amount of gel inside the tooth being treated and into the corresponding part of the tray as instructed by your dentist. Seat the tray over the teeth and remove any excess with a soft, dry toothbrush.
- Wear the tray throughout the day and repeat steps 1 and 2 every 4 hours.
- Remove the tray before eating and drinking. Try to avoid highly coloured food and drink that may stain the teeth during the bleaching process such as curry, red wine and tomato-based foods. Remember to clean the hole in the tooth after eating.
- After brushing your teeth at night and cleaning the hole in the back of the tooth, apply fresh bleaching gel and insert the tray before going to bed. Wear the tray overnight whilst sleeping.
- When you wake up, rinse and brush the tray and clean your teeth as normal.

## CONTACT



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## Internal Bleaching Leaflet

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## WHAT WILL HAPPEN DURING NON - VITAL BLEACHING

**Non - vital bleaching** is carried out on teeth that have had root canal treatment. In most cases, a single tooth will be treated, but occasionally more than one tooth is dark and needs treatment.

**Appointment one:** Photographs will be taken of the teeth and records will be made of the tooth colour. Dental x-rays may be needed to check on the root canal filling prior to bleaching.

Impressions will be taken of the teeth and sent to the dental laboratory for a specially made bleaching tray to be made.

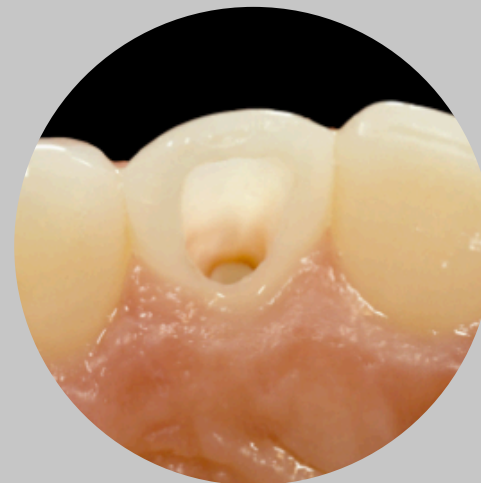
**Appointment two:** The filling will be removed from the back of the dark tooth. The fit of the bleaching tray will be checked and you will be shown how to apply the bleaching gel. The bleaching gel will be applied to both the inside surface of the tooth and the bleaching tray. You will be shown how to clean inside the tooth with a small brush.

The bleaching gel and tray can be worn day and/ or night until your review appointment approximately 2-3 days later.

### BEFORE



### PLANNING



### RESULTS



### Appointment three:

An appointment will be made to review the tooth whitening. If further tooth whitening is required, your dentist will give you further instructions and arrange a further review appointment.

After completion of bleaching, a temporary filling may be placed in the back of the tooth whilst the colour becomes stable. Photographs will be taken to show the result and to monitor the tooth colour.

