

CENTURY ORTHODONTICS

OUR THIRD CENTURY OF ORTHODONTIC EXCELLENCE

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BLEACHING WITH CLEAR ALIGNERS INSTRUCTIONS

1. *Brush your teeth first clean your current aligners.*
2. *Fill your aligners in the deepest part with a small drop of the gel. (molars opt.)*
3. *Seat aligner completely and firmly into place over the teeth.*
4. *Remove any excess gel at the aligners edge with a clean finger or with a tissue.*
5. *Wear the aligner with the gel for at least one hour each day. (longer opt.)*
6. *Limit yourself to no more than 10 sessions of bleaching before seeing the doctor for your regular Invisalign checkup appointment.*

How long does it take?

Results are usually seen after the first night. Maximum results generally occur after 7-10 sessions. A two or three shade change can be expected.

Tetracycline, fever induced or mineral stains will need an extended time to treat. Instead of a couple of weeks, a month or more of bleaching may be necessary. These types of stains are very difficult to eliminate completely, but their severity can be lessened.

Do not use the product longer, more often, or in greater quantities than instructed.

Are there any side effects?

Some people experience increased tooth sensitivity to cold during treatment. Others have temporary discomfort of the gums, lips, throat, or tongue. If these systems last more than 2 days or progressively worsen, please contact us. These side effects usually subside within 1-3 days after treatment is stopped.

Also whitened teeth can appear “chalky” white. This is normal. The chalkiness will disappear within two or three days after the last usage.

Remember not all teeth will respond equally to bleaching and teeth that have crowns or composite restorations will not bleach at all.

How long do the results last?

The teeth will always be lighter than they were. However, some patients may need to do touch up bleaching one or two days a month. Additional bleaching gel can be obtained at our office for a nominal fee.

Can I bleach if I have bonded attachments for Invisalign®

YES. The bleach diffuses under the attachments or buttons.