

## Vital Home Teeth Bleaching

- INSTRUCTIONS FOR USE:
  1. Thoroughly brush your teeth and clean your mouth.
  2. Apply a thin layer of tooth whitening solution to the front surface of the appliance.  
*(Be sure to store the whitening solution in refrigerator.)*
  3. Insert the appliance into the mouth. Initially there may be a small amount of foaming, this is normal and should be expected. To remove the excess foam and solution, spit it out but do not remove the tray. Sore throat or nausea may be experienced if excessive whitening solution is swallowed.
  4. At this time we are recommending a regimen of **2 to 4 hours per day, for one week.** You should replenish the solution every two hours if possible.
  5. Remove the appliance when eating and drinking. When the appliance is out of the mouth, keep the trays in the case provided with a little water.
  6. **We will schedule a short appointment in one week to check your progress.**
  7. After you have bleached to a satisfactory level, we suggest that you maintain that level by rebleaching every six months. ***This should be a one day touch-up treatment.*** Refills may be purchased through our office, *but a brief exam will be required for refills after one year.* We ask that you hold on to your models for one year in case of loss or breakage of your bleach trays, however, new impressions will be necessary to remake the trays after one year.
- POSSIBLE SIDE EFFECTS INCLUDE:
  - You can expect some mild sensitivity to the bleaching solution. In the unlikely event that your mouth is extremely sensitive, discontinue use and contact the office immediately.
  - Increased tooth sensitivity
  - Uneven bleaching
  - TMJ (jaw/joint) symptoms
  - Sore gum tissue
  - Systemic effects of swallowing bleach (unknown)
- PRECAUTIONS:
  - Read all instructions thoroughly before initiating the whitening procedure.
  - If you have a peroxide allergy you should not use whitening products.
  - Whitening products are not recommended for women who are pregnant or nursing.
  - Heavy smokers or users of other tobacco products should not use bleaching products unless you refrain from tobacco use during treatment.
  - Whitening gel may be irritating to eyes or skin, if contact occurs rinse with water.

*I understand that although many people have benefited from this bleaching technique, there is no guarantee that this will be successful for me. Also, I am releasing Dr. Farrow and his Staff from any responsibility in regard to any side effects or lack of effectiveness.*

*I have read and understand the instructions and conditions listed above.*

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Patient signature / Date / Staff initials

**Kaukauna Family Dentistry, S.C.**  
**William J. Farrow, D.D.S.**  
**920-766-9542**

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Office Copy\_\_\_