

DEEP BLEACHING

What You Need to Know

There is no one-visit 'fast' bleaching technique today that makes teeth the very whitest they can be. "The *Sapphire Crystal system* was invented by Rembrandt, the original leader in tooth whitening technology."

'Fast' or "Laser" bleaching has been shown to be most effective when combined with an At-home tray bleaching technique. The **Deep Bleaching** technique combines several techniques and is thought to be the most effective teeth whitening technique known today. The **Deep Bleaching** technique appears to get teeth significantly white than ever before possible. Patients who previously were unable to bleach as white as they would have liked (because of 'bleaching resistant teeth') can now bleach significantly whiter.

The first session of **Deep Bleaching** will start with a bleaching in our office, which will 'condition' the teeth to absorb oxygen more readily from the bleaching gel in your At-Home bleaching trays. Do not expect a tremendous color change from this 'conditioning' first visit. Immediately following the 'conditioning visit', At-Home trays will be worn for 14 to 21 consecutive nights. After the last night of at-home **Deep Bleaching**, the final **Deep Bleaching** will be performed in our office, and will provide significant additional whitening over what will have already been accomplished. The result will be WOW!!

If your final appointment is longer than 14 days from your first bleaching/conditioning appointment, continue bleaching at home until your final **Deep Bleaching** visit.

Bleaching of the teeth with at-home trays is accomplished by wearing bleaching trays with bleaching gel in them. The trays will be made of thin clear flexible vinyl. Most patients find these trays very comfortable to wear and sleep with. You will see that the trays fit the teeth very well, and there is a gap (reservoir) on the outer side of each tooth (except there are no reservoirs on the very last back molars.) These reservoirs will hold excess bleaching gel.

You will be given a bleaching kit. This kit will include several syringes of bleaching gel and storage case for the bleaching trays. When you are finished with the entire **Deep Bleaching** process, place any remaining bleaching gel syringes in the refrigerator to extend the shelf-life.

TEETH WHITENING THEORY

Everyone's teeth have a natural biological limit of how white they can get. Historically, once you reached this limit, no amount of additional bleaching would whiten your teeth more. However, this *Deep Bleaching* system will extend this previous limit and allow significantly more whitening.

The special **Deep Bleaching** Technique of custom-made tray fabrication is one of the reasons that this style of bleaching works so well. The **Deep Bleaching** trays allow room for excess bleaching gel, and they seal it at the gum line to keep the bleach in place. The bleach is sucked and washed out of the tray by the saliva very quickly, and very little depth of bleaching occurs. You may have heard that certain types of over-the-counter bleaching gels have acid in them, which may damage fillings, crown, bondings, and the roots of teeth. The whitening gel you will receive from our office has absolutely no acid whatsoever and will not damage teeth or restorations.

In addition to whitening, oxygen also deep-cleans the teeth, removing microscopic debris from between the crystals of tooth structure. After bleaching, these pores are cleansed and open. These open pores have significant importance, which we'll talk about later.

DIRECTIONS

Just before sleep, take two **Aleve** tablets (**Naproxen Sodium**). **Aleve** is an over-the-counter medication similar to **Advil (Ibuprofen)**, but lasts seven hours. **Advil** works very well also, but does not last as long for over-night bleaching. The whitening gel and trays may cause temporary *inflammation* of the teeth and gums, resulting in some soreness. **Aleve** and **Advil** are great anti-inflammatory medicines. This is very *important* to control the potential for inflammation and soreness. We will also give you sensitivity tooth paste to apply in the tray after bleaching for about 5 minutes.

You will start your bleaching immediately before sleep. If you usually lie in bed watching television before sleep, wait until you are ready to sleep before using your bleaching trays.

Brush your teeth immediately before each bleaching session with **Rembrandt Plus** Toothpaste or another whitening tooth paste. These pastes contain an active whitening ingredient that helps start the bleaching process. It is important to brush immediately before bleaching because protein from your saliva will coat your teeth within minutes after brushing, and could inhibit the bleaching agent from whitening your teeth as quickly.

If you normally tend to have teeth that are sensitive to tooth brushing, cold or sweets, use Rembrandt for Sensitive Teeth Toothpaste instead. This will help de-sensitize your teeth before bleaching.

Squeeze a dab of bleaching gel into each reservoir on the inner side of the outer walls of the trays (except in the very last molars.) We will demonstrate this for you during your next visit. The gel is thick and the trays are flexible, so the gel will cause the outer rim of the tray to be pushed away from the gum line. After you put the tray in, you'll need to firmly push the tray back against the teeth to establish the seal of the tray at the gum line - this is very important. We will demonstrate this also.

If you've put too much gel in the tray, you'll notice a significant amount of gel oozing out from under the edge of the tray. Take a Q-Tip and remove the excess and next time use a little less gel. If you've put in too little gel, you will see through the clear tray some large open voids (little bubbles are OK) in the reservoirs not entirely filled with gel. If you see this, do NOT remove the tray. There is plenty gel in the reservoirs to start your bleaching, but next time use a little more gel.

In the morning, after removing the trays, rinse your mouth with lukewarm water. Cold or hot water may be slightly uncomfortable to rinse with at that time. Clean the trays with Q-tips under COOL running water. Use Sensitive toothpaste if needed.

WHAT TO EXPECT

Your teeth and gums may become sore and sensitive during the first 3-4 days of bleaching. Taking Advil every 4 hours during the day will help this. This sensitivity usually decreases after the first 3-4 days.

You may notice that your teeth start to look 'funny'. They may develop white spots. The area of the teeth near the gum line may look dark (this is just because the rest of the tooth will have become so light by comparison). Or the color may look too opaque (chalky). Don't fear. This will all even-out during the final *Deep Bleaching* visit and the two weeks after you stop bleaching.

You may find that your lower teeth do not lighten as quickly as your upper teeth. This is because the lower teeth are smaller, the enamel is thinner, and the reservoirs will be smaller. Again, do not fear. The final *Deep Bleaching* visit will whiten them beautifully.

PERMANENTLY MAINTAINING YOUR NEW WHITE TOOTH COLOR

All natural teeth darken with time. It's normal. And what accelerate this darkening are abrasives in toothpaste. Imagine you have a car with a new shiny white paint job, and you get some oil on the paint. Water alone won't get off the oil. If you're smart, you'll use a very mild soap in water to dissolve the oil and leave the surface shiny.

But what if you used a kitchen cleanser like Comet or Ajax? Sure, that would get off the oil, but it would leave the paint dull. Not only would the paint be dull, but it would accumulate dirt and stain quickly. And after a year, the paint in this area would be darker because the surface roughness would allow stains to soak INTO the paint itself.

Well, all major toothpastes do the same to your teeth - - all but Rembrandt Toothpaste that is. All of the Rembrandt toothpastes have very low abrasion, yet they remove stains better than any other toothpaste. Like the mild soap we talked about, Rembrandt uses a natural enzyme from the papaya fruit to dissolve away the stains. So your teeth stay very glossy on the surface and do not collect or absorb stains quickly. The Rembrandt Plus Toothpaste has some additional benefits over the other Rembrandt products. It has actual bleaching agent in it to keep your teeth color stable. Starting now, this should be the only toothpaste you ever use. Look for it in the toothpaste or tooth-whitening section at the pharmacy. Or you can order it directly from the company at 1-800-4 DEN-MAT or on the Internet at www.Rembrandt.com.

Additionally, you should wear the bleaching trays while you sleep at least one night every 1-2 months as additional protection against darkening. Wearing the trays one night every other month will keep your teeth a very stable color indefinitely, however, if you want to keep them at an even brighter white indefinitely, you may wear the bleaching trays more often.

Follow these instructions and your teeth should always stay white and bright. If you have any questions please give our office a call.

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