



AT HOME PATIENT WHITENING INSTRUCTIONS

Procedure:

1. Floss and brush our teeth with fluoridated toothpaste.
2. Twist off the clear plastic cap from the syringe.
3. Place a small amount of gel in **each tooth compartment** in the tray only. So not fill the tray completely; a little gel goes a long way.
4. Place the tray with the gel in your mouth. When inserting the tray, be careful not to push the gel out, but be sure that the tray is completely seated. You may see bubbling within your trays while wearing them. This bubbling is actually part of the whitening process.
5. Remove excess gel with your fingertip or dry toothbrush. Avoid direct contact of the tooth whitening gel with gums and/or salivary flow.
6. Wear the trays for 1 hour – do not wear them longer than 1 hour per day as this may cause increase sensitivity.
 - a. Do not eat, drink, or smoke while wearing your custom trays.
7. After whitening, remove and rinse the trays with cold water. Hot water may damage the trays. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case, and store them in a cool, dry place.
8. Rinse and brush excess gel from your teeth.

For Optimum Results:

The treatment should be uninterrupted. If you must skip a night or two, the process must be extended to compensate for the time missed. In order to maintain the whitest tooth shade possible, it is always best to avoid substances such as coffee, tea, red wine and tobacco.

In General:

Some patient experience increased tooth sensitivity to cold during treatment. Others may have nonspecific sensitivity in their teeth, gums, tongue, lips or throat. If any of these symptoms occur and are more than mild, discontinue the treatment until you speak to your dental professional. The symptoms should subside within 1-3 days after completing or interrupting the treatment.

It is normal to see dark color in the trays when you have old amalgam (silver) fillings. The gel oxidizes the surface stains on these amalgam fillings. The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

Whitened teeth will always be lighter that they were prior to the treatment and some patients will never need to repeat the process. If you notice that you are acquiring some stain, you may do touch-up for a night or two ever 6 months.

Call our office if you have questions or problems.