



## At Home Whitening Instructions

1. Brush and floss teeth. Remove the cap and insert a dispensing tip by twisting it securely onto the syringe.
2. Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.
3. Seat the tray with the gel around your teeth.
4. Wipe away any excess gel on the gums with your finger, tissue or a dry soft toothbrush. (Important – Otherwise your gums may be sore)
5. Wear the trays in your mouth for 45 minutes only one time per day, unless otherwise directed by our office.
6. After treatment, remove tray. Rinse tray and mouth with lukewarm water to avoid thermal sensitivity.
7. Brush teeth. Repeat the procedure daily or as needed.

The following are some suggestions to help maximize the results of your whitening efforts.

- During the time you are whitening, and for 48 hours after, avoid or minimize:
  - Smoking
  - Highly colored foods (red sauce, blueberries, etc)
  - Dark beverages (Coffee, Tea, etc.) – basically anything that would stain a white shirt.
- Mild Sensitivity to hot or cold liquids may occur. This usually passes within 1-2 days. If sensitivity is severe or persists, use Sensodyne toothpaste or contact our office
- If you experience gum sensitivity do not brush the afflicted area while brushing your teeth as this was caused by excess bleach from step 4 above.
- Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the color to tone down somewhat after treatment when your teeth rehydrate to a natural white tone.
- Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking colored beverages (red wine, coffee, tea, etc.)
- “Touch-Up” treatments are recommended every 6-12 months to retain color.
- Existing fillings, crowns, bonding, etc. will NOT whiten. Therefore, these may need to be changed in order to match your new whitened smile.
- Store gel in a cool place like a fridge.