



At Home Teeth Whitening

Whitening Instructions:

1. Place a small amount of whitening gel on the lip/cheek side of the tray.
2. Leave trays in for 3-8 hours depending on sensitivity. Most results take about 4 hours to show but they can continue to show for up to 8 hours.
3. Once you are done with the whitening process, make sure to brush your teeth and trays with a soft toothbrush. Make sure to put your whitening trays in a safe place (animals like to chew on them if they are left on counters).
4. Follow the whitening process until you reach desired results.

Once you reach your desired color, whitening 2-3 times a week will help you maintain your desired shade.

After whitening for the first time, your teeth are very porous. During this time dark staining substances should be avoided, such as:

- Coffee and/or Tea
- Cola (any dark liquid soda)
- Berries
- Tobacco Products
- Red Wine
- Red Sauces
- Mustard or Ketchup
- Soy Sauce
- Dark fruit juices

Once healing is done make sure to drink dark staining substances through a straw, and always rinse mouth with water after.

Some patients notice “blotching” or spots on teeth after removing the whitening gel. This is normal and will go away within an hour or two.

Extreme temperatures (hot & cold) and foods/juices high in citric acid can cause temporary sensitivity.

Brush and Floss your teeth thoroughly! After fluoride rinse, toothpaste or gel can help decrease sensitivities, but can also stain teeth.

Regular check ups and dental cleanings are important to maintain a healthy smile.