

Tooth Whitening and Post-Op Instructions

Whitening Instructions

- 1. Brush and Floss before each whitening gel application.**
- 2. Remove storage cap from syringe and replace with applicator tip. Apply a small (small pea size) amount of whitening gel to the face side of each tooth space in your custom tray.**
- 3. Replace storage cap on syringe.**
- 4. Place your tray over moistened teeth. Allow excess gel to escape and remove with tissue.**
- 5. Wear your whitening tray 15 minutes for the first day, then slowly increase wear time incrementally to 1 hour per day. You may be able to increase wear time to 1 hour in the morning and 1 hour at night depending on how your teeth and gums respond to the whitening gel.**
- 6. After whitening, rinse your tray with water and place in storage case. Brush and floss after each application.**
- 7. Continue daily applications for 2-6 weeks. During this period, you should be periodically checked by the dentist every 2-3 weeks.**

Do:

- Follow detailed directions provided with your whitening kit.**
- Decrease whitening time if your gums or teeth become too sensitive. This is a common post-operative symptom that usually resolves within a few days after bleaching is completed.** You may want to decrease applications to every other day and decrease the amount of time to 15-30 minutes for each application. This may increase the overall length of treatment needed to achieve your desired whitening level. Also, use a fluoride rinse (Act, Fluoriguard or Periomed) and a sensitivity toothpaste (Sensodyne, Crest Sensitivity).
- Avoid citrus fruits and juices until your treatments are complete.**
- Reduce or eliminate consumption of coffee, tea, red wine, cola, and tobacco, since they may contribute to staining during and after whitening. Drink water immediately after using these to minimize staining effects.**
- Contact our office if you have any questions or experience marked sensitivity or irritation.**

Do Not:

- Do not apply excess gel in your custom tray.**
- Do not eat, drink, or smoke while wearing your tray.**
- Do not swallow whitening gel.**
- Do not whiten if you are pregnant or lactating.**