
Whitening Treatment Instructions

Whitening your teeth with the new customized whitening trays is quite simple. But there are a few instructions that we would like you to follow to help you achieve that white smile you are looking for in a safe and effective way.

1. Always floss and brush your teeth well before placing the trays. Failure to do this will leave plaque on the teeth which may cause some staining of the teeth during whitening treatment.
2. Apply a thin band of the gel on the inside of the trays at the deepest portion of the tray. This ensures that the gel is extruded up and out of the trays along the tooth for more complete coverage. Remove any excess gel extruded from trays with cotton swab. This will require approx. one-fourth of syringe for both trays.
3. Wear trays over night. Remember not to eat or drink anything during whitening treatment or immediately following whitening treatment (approximately 1 hour). This may also lead to unwanted staining of the teeth.
4. After removing trays, clean excess gel off using cool water. Store trays in case being careful not to distort the trays in their case. After removal of the whitening trays you may rinse with water or brush with whitening toothpaste to remove any excess whitening gel remaining on your teeth.
5. If following whitening treatment your teeth become sensitive to cold air or water, please discontinue whitening treatment and contact us at the office. You may try 600 mg of ibuprofen prior to wearing trays. You may need to bleach every other 2nd or 3rd night. You may want to apply sensodyne to the inside of the trays and place them over the teeth for one night. This will often close any of the pores that are resulting in sensitive tooth structure.
6. Do not use trays while pregnant or lactating.

If you have any further questions regarding your whitening treatment please don't hesitate to call us at the office.