

Whitening Instructions

Check your kit to ensure it contains everything you need to whiten your teeth:

- Your custom trays
- Tray storage case
- Whitening gel syringes
- Reusable mixing nozzles

Please follow the directions carefully. If you have questions or if more than mild tooth sensitivity develops, cease the treatment and contact our office at the earliest convenience.

Procedure (Important to read thoroughly prior to treatment)

- Brush and floss your teeth.
- In a counterclockwise motion, twist and pull off the plastic cap from the end of the syringe.
- Place the mixing nozzle on the end of the syringe and secure by twisting the mixing nozzle in a clockwise motion.
- Place a small pea size amount of gel into each scalloped tooth compartment in the tray.
- Place the loaded tray in your mouth. As you insert the tray, be careful not to push the gel out of the tray. Use finger pressure only, do not bite the tray into position. You may see “bubbling” within your trays while wearing them. This bubbling is actually part of the whitening process.
- Use extra care to avoid getting gel on your gums. Remove excess gel with a cotton swab, toothbrush, or your finger. Leave in for prescribed period of time.
- After whitening, rinse the trays with cold water. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case and keep them in a cool dry place.
- Rinse and brush your teeth to remove excess gel.

For Optimum Results

The treatment should go 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 products. Continue good oral hygiene throughout the treatment. You may store any remaining whitening gel in a cool dry place for later touch-up once the process is complete. Do not freeze.

In General

Some patients may experience increased tooth sensitivity to cold and acidic drinks/foods while others may have non-specific 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 with a member of our office staff. The symptoms should subside within 1-3 days after interrupting the treatment. You may have been provided with a fluoride rinse to help with the sensitivity. Continue with the rinse even if treatment is discontinued.

When the sensitivity is gone, consider the following options. If the problem is gum irritation, reduce the amount of gel used in the trays and take care to remove any excess which may be forced out when placing the trays. If the trays extend over the gums please contact us to have the tray trimmed.

If the sensitivity is in the teeth or at the neck of the tooth, try whitening every other day while continuing to use any topical fluoride rinse we have recommended.

It is normal to see dark color in the trays where you have silver fillings. The gel oxidizes the surface stains on these amalgam fillings.

The area closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth which is the normal color gradient.

Post Treatment

Some patients will never need to repeat the whitening process. However, if you notice that you are forming some stain or the teeth are not looking as bright as they did, you may do a touch-up for 1-3 nights. This is extremely effective in conjunction with a cleaning. Additional gel is available at our office. Please remember to store your cleaned trays in a cool dry place when not in use.