



## ***At-Home Tooth Whitening Instructions***

Prior to whitening or bleaching your teeth, you should have had a professional dental cleaning within 2 weeks of beginning bleaching treatment.

Custom bleaching trays were made for you. Only use these trays for your bleaching gel.

After brushing and flossing your teeth, place a small ribbon of bleaching gel in the bleaching tray. Once the trays are over your teeth, wipe away any excess gel that comes out of the tray to avoid damaging your gums. Then swish and spit with water, to further remove any excess gel.

Trays can be worn once daily. Keep the trays in for at least an hour at a time; you can wear the trays overnight if desired. Some people develop tooth sensitivity while bleaching. If your teeth are extremely sensitive try using the trays every other night or every third night. This will usually reduce the sensitivity, but will also slow down the bleaching process. Try to avoid hot and cold foods if your teeth are sensitive.

While bleaching your teeth, it is important to not eat or drink dark foods, because your teeth will be more likely to absorb stains during the bleaching process. Try not to eat or drink anything that could stain a white shirt.

It will be important to see us for a follow up to check on the color change after bleaching. Make sure not to get your teeth whiter than the whites of your eyes, for the best cosmetic result.

