



Instructions for At Home Whitening

Your at-home whitening trays are custom made to fit only your teeth. They are made out of a flexible plastic material which allows them to fit comfortably over your teeth while whitening. The following guidelines should be followed for best results:

1. Brush and floss your teeth before applying gel.
2. Keep one tube of gel at a time out for use. Keep the others in the refrigerator.
3. Screw the mixing tip onto a tube of gel.
4. Place a small dot of whitening gel on the surface of the whitening tray that will contact the front of your tooth. A little goes a long way! You do not have to apply any to back molars.
5. Seat the retainers completely onto the teeth.
6. If any extra material squeezes out onto your gums, wipe off and spit.
7. Wear trays either twice a day for 15 minutes or once a day for 30 minutes. You can wear them longer or overnight but the effectiveness diminishes after 30 minutes.
8. When you take the trays out, brush your teeth thoroughly. Trays should be rinsed thoroughly and kept in their case until the next use.

Your teeth may become sensitive during the whitening process. If this occurs, it can be helpful to put a small amount of sensitivity toothpaste (like Sensodyne) in the trays and wear for 30 minutes before/after whitening. If the sensitivity is very uncomfortable, discontinue whitening for 1 week.

Best whitening results are achieved by using the gel every day for 2 weeks. Then, take a 1 week and assess the new shade of your teeth. If you would like to whiten more, repeat the process for another 2 weeks. Be aware that excessive whitening can be harmful to your teeth and gums.

Once you have achieved your desired tooth shade, store your trays for future use. Because we all eat things that can stain/discolor teeth, you may need to “touch up” whiten every 6-12 months. For “touch-up” whitening, follow the same steps, but you may only need to do so for 1 week.