



TEETH WHITENING INSTRUCTIONS

Post-Op Instructions After In-Office Whitening or Take Home Kit Whitening

Sensitivity and soreness following whitening is very common. Your teeth may be especially sensitive to cold air and drinks and if any of the whitening agent gets on your gums, it may cause them to be tender. Sensitivity and soreness will gradually subside after a couple of days. If you are more prone to sensitivity, you may choose to use anti-sensitivity toothpaste before, during, and after whitening.

Try to avoid any darkly or reddish colored foods and beverages (red sauces, coffee, red wine, tea, mustard, dark soft drinks, berries, soy sauce) and smoking for a few hours following whitening. This is when your teeth are most susceptible to absorbing new stain. To maintain your shade for as long as possible, avoid colorants (dark food and drinks, tobacco), use whitening toothpaste, and have regular cleanings. You may need to use home whitening trays a few times a month to maintain your shade.

Tooth-colored fillings will **not** whiten. If the filling matches your current color, bleaching will result in miss-matched shades with your natural teeth. You may need to have your old fillings replaced to match your newly whitened teeth.

The best way to maintain your white teeth after in-office whitening will be to utilize a take home teeth-whitening kit.

TAKE HOME TEETH WHITENING INSTRUCTIONS

While bleaching or whitening your teeth, normal oral hygiene measures should be followed (flossing and brushing).

Load the bleaching gel into your custom tray, using caution not to overload the tray. Insert the tray into your mouth over teeth and gently wipe any excess gel from around the edges of your tray, taking extra care not to leave any gel on your gums. Irritated gums usually mean you have used too much gel in your tray.

Wear the tray for one hour the first time; you may use the gel up to two hours, twice daily for seven days. If the sensitivity is too uncomfortable, stop and reduce time and/or frequency. Usually sensitivity stops after several days.

Do not rinse your mouth, since this may dilute the bleaching agent. Do not swallow the whitening gel. Never drink, eat, or smoke while wearing your tray. After completing the daily bleaching session, remove the tray and gently clean it with a toothbrush. Rinse it completely, and let dry thoroughly before the next session.