



TEETH WHITENING TREATMENT

CONGRATULATIONS ON YOUR DECISION TO BEGIN TEETH WHITENING TREATMENT. WE ARE EXCITED TO HELP YOU ACHIEVE A MORE BEAUTIFUL SMILE AND A HEALTHIER YOU.

Everyone's teeth whiten at different rates. Some teeth absorb the whitening gel very well, while others are more whitening resistant. You have been given special trays fabricated on the impressions we took of your teeth.

After brushing and flossing, dry your teeth by swallowing well and wiping any excess saliva off the teeth if necessary. Express a small amount of whitener into the front side of the tray. Place the trays into your mouth. After you put the tray in your mouth you will need to push the tray against the teeth to establish a secure seal of the tray at the gum line. If you have put too much gel in the tray, you will notice a significant amount of gel oozing out from under the edge of the tray. Take a Q-Tip or a napkin and remove the excess. Use less gel for the next time.

For KOR whitening products, trays are worn with whitener overnight.

For all other whitening products, we recommend that you allow the trays to remain seated for 30 minutes when you first start treatment. Then, increase whitening time for up to 4 hours.

After removing the trays, rinse your mouth with luke-warm water. Cold or hot water may be slightly uncomfortable to rinse with at that time. Then brush your teeth with warm water and clean your trays with cold water.

You may expect some slight gum sensitivity from wearing the trays, and your teeth may feel slightly sensitive. If your teeth become too sensitive, you can place Sensodyne toothpaste on your teeth and leave it there for a few minutes to help with the sensitivity.

You may notice that your teeth start to look "funny". They may develop white spots. The area of the teeth near the gum line may look dark (this is because the rest of the tooth has become so light in comparison). Also, the color may appear too opaque (chalky). This will all even-out. You may find that your lower teeth do not lighten as quickly as the upper teeth. This is because the lower teeth are smaller, and the reservoirs of the tray will be smaller. If there is a noticeable difference between the upper and lower teeth when the whitening is completed, we may recommend wearing the whitening trays for another week on the lower teeth.

Store un-used whitening materials in the refrigerator for extended shelf life. You should wear the whitening trays at least once every two months for whitening maintenance and protection against teeth staining. Wearing the trays once every 2 months will keep your teeth at a very stable color indefinitely, however if you want to keep them at an even brighter white, you may want to wear the trays once a month.



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In addition to whitening, oxygen also deep-cleans the teeth, it removes microscopic debris from between the crystals of tooth structure. During and for a week or two after whitening, these 'pores' are cleansed and open. During the two weeks of at-home whitening, stay away from staining foods and drinks. We do not want stain to fill in these microscopic pores during whitening. That would only reduce the success of whitening. Any food or beverage which would permanently stain a white shirt or blouse could also stain your teeth. If possible, when drinking a staining beverage, it may help to keep the beverage off the outer surface of the teeth by carefully drinking through a straw.

Smoking should also be held to the very minimum during the whitening process. These precautions should be followed during the whitening process and for at least a week after the completion of whitening. Teeth with Silver fillings may leave a purple residue in the tray after you take it out; this is not a concern. If possible do NOT skip days when whitening. We find that this slows down the whitening process.

Store your whitening trays safely. Keep them away from heat – heat will distort them.

- Do not leave them in the hot car.
- Do not put or wash them in warm or hot water.
- Keep your trays away from your dog. Dogs seem to think that whitening trays are chew-toys.
- Most importantly, place the trays carefully in the storage case
- Store them LOOSELY so that they are not bent or crushed, as this will damage them.

PROTECT AND KEEP YOUR TRAYS AS YOU WILL CONTINUE TO USE THEM IN THE FUTURE!

Please call the office if you have any further questions or concerns.