



Tooth Whitening Instructions

Quick Summary:

- Best results to whitening are after you have had your teeth cleaned professionally.
- Brush your teeth and floss before whitening.
- Put the appropriate amount of gel in the tray on the area of the tray that would sit on the front of your teeth.
- Swallow or wipe out any excessive saliva from your teeth.
- Place whitening gel into trays with and place them in your mouth. Diligently wipe off any excess gel on your gums with a moist Q-tip.
- Remove the trays after 1-2 hours and rinse the trays with COLD water. Brush your teeth with luke-warm water.

Everyone's teeth whiten at different rates. Some peoples' teeth absorb the whitening gel very well, while others are more whitening resistant. We will check your teeth in about 2 to 3 weeks to see how you are progressing at that time, and we will make any necessary changes to get you the best results possible.

Detailed Directions:

- You have been given special trays fabricated on the impressions we took of your teeth. You have also been given a whitening kit which includes 6 tubes of whitener. Each of these 6 tubes of whitener provides enough material for about 3-4 nights of whitening for one arch of your mouth (upper or lower).
- After brushing and flossing, dry your teeth by swallowing well and wiping any excess saliva off the teeth if necessary.
- Express the syringe of whitener into the front side of the tray (except the last molar) as recommended by us. You should use 1/4th to 1/3rd of the tube. Place the trays into your mouth. The gel is thick and the trays are flexible, so the gel will cause the outer rim of the tray to be pushed away from the gum line. 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 – THIS IS VERY IMPORTANT!! If you've put too much gel in the tray, you'll notice a significant amount of gel oozing out from under the edge of the tray. Take a Q-Tip and remove the excess and next time use less gel. If you've put in too little gel, you will see through the clear tray some large open voids (little bubbles are OK) and the reservoirs not entirely filled with gel. If you see this, do NOT remove the tray. There is plenty gel in the trays to start your whitening, but next time use a little more gel. If you have put the appropriate amount of gel in the trays, you will notice that as you when you push the trays against your teeth, a little gel will 'peek' out from under the edge of the tray.
- Allow the trays to remain seated against the teeth for the next 1-2 hours. After removing the trays, rinse your mouth with luke-warm water. Cold or hot water may be slightly uncomfortable to the rinse with at that time. Then brush your teeth with warm water and your trays with cold water.

What to expect:

- You may expect some slight gum sensitivity from wearing the trays, and your teeth may feel very slightly sensitive. If you feel more than slight sensitivity of the teeth or gums, please give us a call (615-591-0294).
- 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.

Other Bits of Information:

- Store un-used whitening materials in the refrigerator for extended shelf life
- You should wear the whitening trays for 40-60 minutes at a time, at least once every two months for protection against darkening.
- 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.
- Whitening gel, for maintenance, is available at our office.
- 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 all right. 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 that we give you; or you can use a Tupperware container at home. Store them LOOSELY so that they are not bent or crushed, as this will damage them and you will not be able to re-use 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.

There are no silly questions...*be safe and not sorry.*

We are here for you: **Office** 703-591-5637