



Dental Whitening Treatment Instructions:

Dark staining substances should be avoided after whitening because this is when your teeth are most susceptible to absorbing stain. Anything that can stain a white shirt can stain your teeth. Please avoid these items for the time you are bleaching + one additional week:

- Drinks: Coffee, Tea, Red Wine, Cola
- Condiments: Ketchup, Mustard, Red Sauces, Soy Sauce, Steak Sauce
- Food: Berries, Red Meat (Steak or Hamburger)
- Colored Mouthrinse or Toothpaste: We would suggest using Sensodyne toothpaste

Take Home Whitening:

- Please make sure the custom tray is completely dry. Place a small amount of gel on each of the teeth in the custom tray. Use caution not to overload the tray. Insert the tray over the teeth and gently wipe away any excess gel. Do not leave any gel on the gums because this will cause irritation to your gums.
- Wear the bleaching trays with the gel daily for no more than the instructed amount of time.
- If sensitivity is uncomfortable, stop and reduce time and/or frequency of treatment or stop altogether.

Things not to do when the bleaching tray is in your mouth:

- 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. Excess water in the tray can dilute the gel.

Post-operative sensitivity:

Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 24 hours after whitening. Stop whitening until sensitivity has subsided (about 3 days). Here are things you can do to help relieve this sensitivity:

- Take over the counter pain relievers such as Advil or Tylenol
- * Avoid extremely cold, sweet, or hot foods
- Brushing your teeth with Sensodyne toothpaste and/or placing sensodyne toothpaste in the bleaching tray and wearing for about 15 minutes.