Home Whitening Instructions

Wearing the tray

- Brush your teeth prior to tray wear.
- Apply a small bead of gel into the lower tray area that contacts the front of the teeth.
- Avoid overfilling the tray.
- Insert the loaded tray so it seats firmly around the teeth. *If you overfill the tray, remove excess gel from the gums with a cotton swab or toothbrush.*
- You can go about your normal activities, but do not eat, drink, smoke or grind your teeth against the tray while in place.

Cleanup and Storage

Residual gel can be removed from teeth with a soft bristle toothbrush and warm water. ***Avoid food and drink for at least 30 minutes after tray removal.***

Reasonable Expectations

This treatment removes most tobacco, food, beverage and aging stains. Discoloration from medicine, minerals, injury or illness may not respond as well. Two to three weeks are usually required for stable results.

Temporary tooth sensitivity to hot and cold may occur. Loading the tray with too much gel may temporarily irritate gums.

A slight change in tooth color 2 to 4 years after treatment is normal, but foods, beverages, tobacco and oral hygiene affect results.

Your Responsibilities

Wear your tray only as instructed. Do not overfill your tray with gel. Follow tray-wear schedule and length of treatment determined by your dentist.

If you experience tooth sensitivity to hot or cold, report to your dentist. If your gums become sore, consult with your dentist.

Keeping Your Whiter Smile

Coffee, tea, tobacco, red wine and dark soft drinks stain teeth. However, brushing immediately after using these products will help keep stains from penetrating your enamel. Results vary from patient to patient depending on stain type, stain intensity and tooth structure characteristics.

Periodic touch-up treatments can help prolong results. Ask your dentist about a recommended touch-up schedule.