




i At-Home Whitening Tips ?

- 1. Prior to Treatment:** Brush and floss your teeth thoroughly. The whitening gel is the most effective with clean teeth. Try the trays in first without any bleach to check the fit and comfort. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.
- 2. Applying the Gel:** It is important that you apply the teeth whitening gel properly so you do not waste any of the gel and that you experience the least amount of sensitivity. When you apply the gel make sure not to fill the trays. Place a **small** drop (smaller than an eye drop) of whitening gel half way up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. We recommend that you only bleach your front 6-8 teeth, as your back teeth aren't visible when you smile.
- 3. Inserting the Trays:** Insert whitening tray in the mouth over your teeth. Seat the tray firmly against your teeth. Wipe excess gel that seeps over the brim of the tray onto your gums, by holding the tray up with one hand, wiping the excess gel off of the gums with your finger or tissue.
- 4. Wearing Time:** If you have never whitened before, try using the tray for 30 minutes. If there is little or no tooth sensitivity then you can increase the wearing time up to 60 minutes. Hydrogen Peroxide Bleaching gel must only be used for 30 minutes to 60 minutes.
- 5. After Whitening:** Remove the tray and rinse off your teeth with room temperature water. If your gums have turned white you may apply vitamin E oil or just wait 10-20 minutes for their normal color to return. Next time, use less gel to avoid contact with your gums.
- 6. Caring for Your Trays and Gel:** Clean whitening trays with a toothbrush or Q-tip and cold water. Store trays in the tray holder and gel in cool dry place away from heat and direct sunlight. The gel may be refrigerated to prolong the shelf life, but do not freeze.

 **Sensitivity:** It's common for teeth or gums to become temporarily sensitive during the whitening process. This is not harmful. If you experience sensitivity reduce usage time and/or frequency until the sensitivity subsides. To reduce possibility of sensitivity brush with Sensodyne before whitening. After whitening apply Sensodyne toothpaste onto your teeth with A Q-tip for about 4 minutes.

 **Food & Drink:** To receive the best results, don't eat or drink colorful foods for at least 3 hours after whitening.

 **Warnings** Keep bleaching gel out of reach of children. Contact doctor if pregnant or during nursing for use. Do NOT smoke, drink or eat while bleaching your teeth.

 **We're here for you!** Don't hesitate to call the office at any time if you have any questions. The telephone number is (415) 564-6170.