



## POST OPERATIVE INSTRUCTIONS FOLLOWING IN-OFFICE TEETH WHITENING

It is **not uncommon** for your **teeth to feel sensitive** after whitening.

Drinking particularly hot or cold beverages **may trigger sensitivity**, so it is best to avoid these.

Using Sensodyne toothpaste or a high fluoride toothpaste **may help alleviate some sensitivity**; The sensitivity is temporary, and any sensitivity should subside after a day or two.

Following the in-office whitening, **avoid staining foods** (tomato paste based dishes) **or liquids** (coffee, tea, dark sodas, wine) for at least one week.

### WHITENING TRAYS INSTRUCTIONS

#### **1. Prior to Treatment:**

Brush and floss your teeth; the whitening gel is most effective with clean teeth. Ensure that the bleaching trays are clean and dry before applying the gel.

#### **2. Applying the Bleaching Gel:**

Ensure that your trays are not overfilled with whitening gel by placing a **SMALL** drop on the front/middle of each tooth reservoir in the tray.

#### **3. Inserting the Bleaching Trays:**

After inserting the whitening tray, do not spread the bleach; simply allow the tray to fit naturally over each tooth. Wipe any excess gel from your gums by removing the tray with one hand & firmly wiping the excess gel off the gums with your finger or a tissue. *We recommend that you bleach the front 8-10 teeth only, as the back teeth are not visible.*

#### **4. Wearing Time:**

For ***first time whiteners***, we recommend a whitening time of **30 minutes to 1 hour**. Increase your wearing time if you experience little to no tooth sensitivity.

#### **5. After Whitening:**

Remove the tray & rinse off your teeth with tepid water. Brush away any remaining gel with your toothbrush. Continue to brush & floss regularly, as well as maintain regularly-scheduled dental cleanings.

#### **6. Caring for Your Trays & Whitening Gel:**

Clean whitening trays with a toothbrush or Q-tip and cold water. Store trays in the provided container & store the gel in cool, dry place away from heat & direct sunlight. The gel may be refrigerated to prolong it's shelf life, but ***do not freeze.***