

PATIENT INSTRUCTIONS FOR AT HOME WHITENING

APPLICATION INSTRUCTIONS:

- Floss and brush your teeth
- Place a small dot of gel in each tooth compartment in the tray
- **Important:** Use extra care to avoid getting gel on your gums. Remove excess gel with a cotton swab or a dry toothbrush. Overloading trays with gel may cause temporary gum irritation.
- Place tray with gel in your mouth. Bubbling within trays is normal.
- 15-30 minutes, once per day – please follow the instructions for the whitening product
- After whitening, rinse trays with cold water. Use a toothbrush to remove any residual gel. Place trays in storage case and store in a cool dry place.
- Rinse teeth to remove excess gel
- Do this for 7-14 days until you are happy with the new shade of your smile

NOTE:

- Do not eat, drink or smoke while wearing your custom trays.
- It is normal to see dark colors in trays where you have amalgam (silver) fillings.
- The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

EXPECTATIONS AND OPTIMUM RESULTS:

- Results vary by patient. Anatomy, age, tooth condition, hygiene and starting shade heavily impact results.
- You should have realistic expectations about the final results.
- Note that crowns, veneers, fillings, dentures and restorations will not whiten and may require replacement following the whitening procedure.
- Final shade will be achieved about 2 weeks after completion of your whitening treatment.
- If whitening prior to having cosmetic restorations done, please ensure that the final shade of your teeth is achieved 2 weeks prior to your appointment - ensure that no whitening occurs in the 2 weeks prior to your filling appointment.

POST-TREATMENT:

- Avoid staining foods, drinks and tobacco after each treatment.
- Continue good oral hygiene; use of an electric tooth brush will help keep results longer.
- Store any remaining whitening gel in a cool, dry place for later use. Do not freeze.

POTENTIAL ADVERSE EFFECTS

- Adverse effects that may be associated with the use of a whitening product containing peroxide include sensitivity and gingival irritation.
- Trays that extend onto the gingiva (gums) may cause soft tissue irritation.
- If you are experiencing sensitivity, reduce the amount of gel in your trays. Teeth whiten when HP is absorbed into the tooth and whitens from the inside, so it is not important to cover the entire tooth.
- If all the above options have been exhausted and you still have gum irritation or tooth sensitivity, treatment should be ceased until irritation/sensitivity subsides. Resume treatment with shorter, less frequent applications until desired whitening effect has been achieved. If discomfort continues, discontinue the treatment and consult your dental professional.