

In House Whitening – INSTRUCTIONS FOR POST-OP

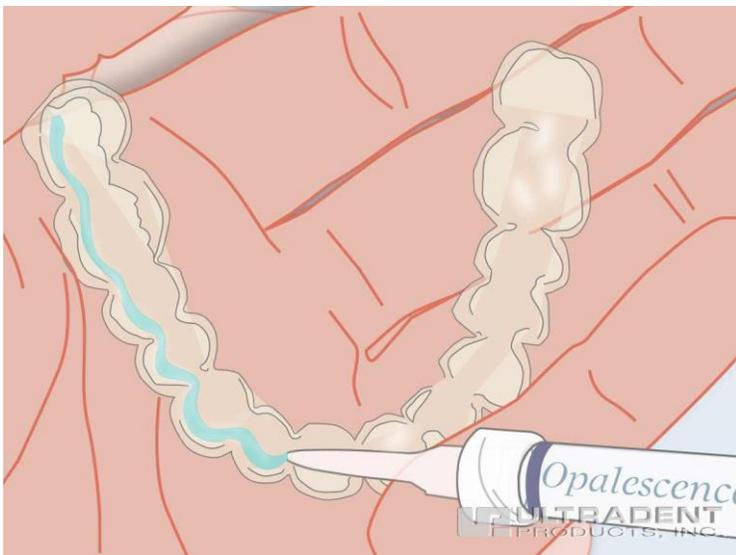
1. Do not smoke for 48 hours
2. Avoid foods and beverages that stain for the next 24 to 48 hours (red sauce, blueberries, juice, coffee, tea, red wine, citrus juice etc.)
3. Mild sensitivity to hot or cold liquids may occur. This usually passes within 1 – 2 days. If sensitivity persists, we recommend taking over the counter pain medication. We recommend combining two Ibuprofens (such as Motrin) with two Acetaminophens (such as Tylenol).
4. If you experience gum sensitivity do not brush the afflicted area while brushing your teeth.
5. Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the color to tone down somewhat after treatment when your teeth rehydrate to a natural white tone.
6. Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking colored beverages (red wine, coffee, tea, etc.)
7. Touch-up treatments may be needed every 6-12 months to retain color. You may want to invest in custom trays, if you have not already. This will allow for color retention. More whitening gel can be purchased as needed.
8. Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these may need to be changed in order to match your new smile.
9. Please call our office if you have any questions or concerns regarding treatment.

Take Home Trays/ Bleaching Trays Instructions Below

Take Home Whitening Trays – INSTRUCTIONS FOR USE

Use **NIGHTLY** – This will help to lighten areas on the teeth that are prone to staining. NOTE your teeth may become noticeably more sensitive to cold and hot for the first week or so of doing whitening, usually this subsides when teeth rehydrate throughout the next day.

1. Begin by brushing teeth (brush and baking soda (or NON-FLUORIDE paste w/ water only – very thorough)
2. Hold upper tray on hand as shown. Place ‘dimple’ or smear size amount of whitening gel on forward or outside facing surface inside of tray and swipe across all teeth you want to whiten, front and side teeth (as far back as you like).



3. repeat step 2 for lower teeth arch custom tray.
4. Now place upper and lower trays firmly onto teeth, spit out any excess gel that spreads onto your gums.
5. Set timer for 3-5 minutes the first time trying this method of whitening, in the future you may be able to tolerate up to 10 or 15 minutes of keeping the trays in. NEVER whiten teeth longer than 30 minutes (some stains are intrinsic and too deep in the tooth to remove by this method of whitening).
6. Remove trays after time is up, rinse out tray and rinse mouth with clean water, let the trays air dry, DO NOT IMMEDIATELY eat, drink, smoke or use anything that is not completely clear. you will restrain your teeth. (vaping is prone to stain teeth also) teeth need 30-45 minutes to remineralize the enamel (tooth) surface!
7. If your teeth are very sensitive, try less time and wait 1 day between whitening sessions. let us know if your teeth are still sensitive. (PLEASE ASK IF YOU HAVE ANY QUESTIONS)