
IN-OFFICE WHITENING INSTRUCTIONS

PRIOR TO TREATMENT:

It is recommended that you **get your teeth professionally cleaned** at least 2 weeks before the procedure. This will remove any surface stains and optimize your results.

We also recommend you **start a regimen of twice daily brushing with an over-the-counter sensitivity toothpaste (such as Sensodyne) or a prescription fluoride toothpaste one week prior** to your appointment.

On the day of your in-office whitening visit, it is recommended that you take a pain reliever (whatever you would use for a headache) one hour before your appointment to help with sensitivity or discomfort.

AFTER BLEACHING:

It is common for your teeth to feel sensitive after in-office whitening. Drinking particularly hot or cold beverages may trigger sensitivity. The sensitivity is temporary and usually subsides within 2 days. You can continue to take pain relievers as directed.

The first 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile. Your teeth will get lighter during the next 24- 48 hours. The whitening continues as the peroxide has been absorbed into the teeth.

DO NOT consume any dark or yellow staining substances for 48 hours, such as:

- Coffee, Tea, Soy Sauce**
- Tobacco products, Berries**
- Mustard, Ketchup, Red Sauces**
- Colored Sodas, Red Wine, White Wine**
- Colored drinks using dye such as grape, Gatorade, Cranberry, etc**
- Avoid colored lipstick**

Remember that you must not use colored toothpastes or gels for the first 48 hours. In addition, do not use any colored mouthwash, including prescription mouth rinses.

Professional bleaching gel is stronger than any over-the-counter or take-home bleach and can cause some tissue burns if it touches the gum tissue or skin. These are not permanent and will go away in a couple of hours.

TAKE HOME WHITENING TRAY INSTRUCTIONS:

- Brush and floss teeth first. Make sure trays are clean and dry.
- Apply a small drop on each tooth reservoir in the tray. After putting the trays in, do not spread the bleach. Allow the tray to fit naturally over each tooth.
- Wipe away any excess gel from your gums with your finger and rinse off your hand.
- For first time whitening we recommend 20 minutes of wear time, but you can go up to 30 minutes a day.
- Remove the tray and swish and spit with tepid water. Gently wipe away any excess gel from teeth.
- Clean out trays with q-tip and cold water. Store trays in container in a cool, dry place away from sunlight or heat.
- Bleaching gel can be kept in the refrigerator to extend its shelf-life. **DO NOT FREEZE**

Continue daily home care and regularly scheduled professional cleanings.

If you have any questions or concerns, please don't hesitate to call our office: (918)266-6470