

## At Home Whitening Care Instructions

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Here are some reminders for you during the treatment:

- ❖ Use the provided whitening gel and tray for 1 hour/ day. Do not load the entire tray with the gel. Only a little pea size of material at the outside of the tray is necessary to be effective (from premolar to premolar). Rinse off after and rinse tray with cold water only!
- ❖ As you know, your teeth can be more porous during bleaching. It is why dark staining substances should be avoided, such as: coffee and/or tea, cola, berry pie, tobacco products, red wine, red sauces, mustard, ketchup, soy sauce and tomato/carrot juice. Remember, if it stains your clothes, it will stain your teeth!
- ❖ Some patients experience sensitivity such as “zingers” or temperature sensitivity during the whitening period. This is only temporary. Take any type of over-the-counter pain relievers such as Advil, Motrin or extra-strength Tylenol if necessary. Discomfort should dissipate in 1 or 2 days. In situations where sensitivity is too strong, stop the treatment for 1-2 days or use it for shorter time (30 minutes) would help.
- ❖ Restorations, such as crowns, bridge and fillings cannot change color with bleaching. Visible ones may become more obvious after natural teeth are whitened. These restorations can be replaced to match the new whiter color.

Additional ways to maintain your sparkling smile:

- ❖ Avoid staining related habits
- ❖ Use an automated toothbrush
- ❖ Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
- ❖ Practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning.

Please feel free to ask us any question. Enjoy your bright and white smile!