

Homecare Instructions for Teeth Whitening

1. Before bed, floss your teeth then brush your teeth, making sure that there is no visible plaque on your teeth.
2. Place the bleaching gel into the upper tray only, as directed by the doctor.
3. Insert the tray into your mouth, making sure that it fits tightly on the teeth. Wipe away any excess gel on the gums with a tissue or Q-tip.
4. After the prescribed amount of bleaching time, remove the tray, brush your teeth, and then brush the inside of the tray with warm water only. Make sure to store your bleaching trays in the plastic case that was provided.
5. Repeat this procedure for the upper teeth only for 2 weeks. You will use two (2) tubes of bleaching gel during this time.
 - a. **NOTE:** Tooth sensitivity can be very common when using whitening agents. If you experience sensitivity, stop bleaching for one day before resuming again. If sensitivity persists, call the office.
6. After 2 weeks, you will have a follow-up appointment to evaluate your progress. Only after this visit should you start to whiten the lower teeth.
7. Make sure to keep the stone models of your teeth. In the event that you lose your bleaching trays, new trays can be fabricated from the models without having to take new impressions of your teeth.