

Instructions for Take Home Whitening Trays

Please follow these instructions for use of your bleaching trays. Should you have any questions concerning your teeth whitening experience, please do not hesitate to call our office.

1. Brush and floss your teeth thoroughly before wearing your bleaching trays. Toothpaste without additional whitening agents (called sensitivity toothpaste) will cause less sensitivity to your teeth during your whitening experience. Examples: Plain baking soda and water (least abrasive choice), Colgate Regular, Sensodyne, Crest Regular, Biotene Regular, Aquafresh Sensitive, Pronamel, and Arm & Hammer Peroxicare Regular
2. Whitening Gel (tooth bleach) should be placed in your bleaching trays using a small dot or a thin ribbon in each tooth area, excluding the molars. You should not apply whitener to your molars.
3. Wear your whitening trays with Whitening Gel twice a day for 15 minutes at least 3 days or nights in a row. Do not eat or drink when wearing the trays.
4. Should any whitening gel squeeze out of the tray onto your gums, wipe it off as it may irritate your gums. Should a large amount squeeze out of your trays make sure to use less next time.
5. By the third day of whitening, your teeth may be slightly sensitive. Taking Advil (ibuprofen) should help your discomfort. Prescription strength fluoride will also alleviate post-whitening discomfort.
6. It is normal to experience stripping or streaking on your teeth. The color should even out a few days after you stop bleaching.
7. Avoid smoking, coffee, red wines, and other staining food and drink while whitening and for 3 days after. Failing to do so could allow for unfavorable results.
8. After using your bleaching trays, rinse them thoroughly with water and allow them to dry before placing them in your case.
9. If not using Whitening Gel as your whitening agent, follow the manufacturer's directions for the product you use.