



Whitening

Post Treatment Care Instructions

Take Home Teeth Whitening Kit Instructions

Significant whitening can be achieved in many cases, but there is no definite way to predict how much whiter your teeth will get. Refer to the patient's instructions below for better understanding of the take-home kit whitening procedures.

Procedures

- Brush and floss your teeth thoroughly.
- Brush the custom trays and dry the tray. Be sure not to flex the tray too much while cleaning.
- Load the tray with a small amount of whitening gel and spread it evenly.
- Seat the trays completely onto the teeth.
- Gently press the trays and wipe off any excess gel. Pressing too firmly may cause excess gel to seep out and cause tissue burn.
- Remove trays after wearing the appropriate amount of time. Brush teeth thoroughly with toothpaste. Rinse twice; do not swallow rinsed gel. Brush tray gently with soft brush and rinse with cool water.

Possible Side Effects

- **Sensitivity** - Often patients will experience increased sensitivity to cold during treatment. If this symptom occurs and are more than mild, or remains persistent, please stop using the product and contact us.
- **Gum and Soft Tissue Irritation** - Some patients have reported temporary discomfort during whitening, such as tongue and lip soreness, throat irritation, or moderate, continuous teeth pain. These side effects almost always resolve in 1-3 days after interruption or completion of treatment. If gum tissue becomes whitish, please discontinue whitening treatment until gum tissue resumes normal color.
- **Fillings and Other Dental Restorations** – Tooth coloured fillings (composites), porcelain crowns and porcelain veneers will not whiten at all.
- **Decalcified, Traumatized, Antibiotic Discoloration** - Teeth may be discoloured by antibiotics, decalcification (white spots) root canal therapy, or trauma do not always respond predictably, and may require additional treatment other than whitening.

Maintenance after Teeth Whitening

- Avoid dark foods or drinks that may stain for at least 24 hours after whitening. E.g. Coffee, tea, red wine, tobacco, dark berries. For a longer lasting effect, dark foods and drinks that may stain your teeth should be avoided or minimized on a regular basis.
- Keep and store the whitening agent out of heat or direct sunlight at all times as the bleaching agent will chemically break down. You may store extra material in the refrigerator.