



## At-Home Tray System Tooth Whitening Instructions

The at-home whitening procedure works best for teeth that have a yellow shade, although it can work to a lesser extent with teeth that have a gray shade or tetracycline discoloration.

The general instructions for tooth whitening are as follows. They may be slightly modified by us to suit your particular needs.

### **\*2 weeks before beginning whitening – start brushing with sensitivity toothpaste\***

1. Before using the tooth whitening gel, brush and floss your teeth. Rinse your mouth.
2. As demonstrated, place a small amount of whitening gel into the trays in each tooth to be whitened. Fillings and crowns do not need to be bleached, as they will not change color.
3. Insert trays as instructed, placing a small amount in each tooth that is to be bleached.
4. Wear the trays as instructed. Keep them in place for **45min – 60 min 1x/day**. You may sleep with the trays overnight for those who have less sensitivity. You may wear the trays with the whitening solution during anytime of the day. The length of time you wear the trays and how much you can wear the tray depends entirely on your comfort. If you start to develop tooth sensitivity, **stop** wearing the trays until the sensitivity is gone (a day or two at most), and then begin again.
  - **Sensitivity toothpaste may be placed in your whitening trays right before or after you bleach and worn for 10-30 min to aid in sensitivity.**
  - If sensitivity is severe or persistent, please contact our office.
5. Do not eat or drink for 30 minutes after you have removed the trays and finished the whitening session. After each use, rinse them out with water, dry it, and store it in the case. Brush your teeth to remove gel.
6. Because the oxidation of teeth is so variable from person to person, everybody's teeth take different amount of times to change colors. Expect that it can take as little as 2 to 3 hours and as long as 6 weeks to 2 months for teeth that are especially dark. The lighter tooth color you see immediately after the whitening process is finished will regress one shade darker over 1 to 3 months, with most of the regression evident after the first week. Lower teeth may take longer to whiten than top teeth.
7. Your eating and drinking habits and resident chromogenic bacteria will determine the duration of the whitening effect. Most patients maintain a satisfactory result for 1-3 years. If you smoke, drink a lot of tea, coffee, colas, red wine, etc., your teeth will, over extended time, darken again. **Keep your whitening trays in a safe place (Pets love to chew on them!).** At some point you may decide to "touch up" your teeth by whitening for a few days.
  - Touch ups can be done when your teeth are beginning to darken. They will need to only be done 1-2 days at a time or until your teeth have returned to the desired shade.
8. ***If you are going to have fillings replaced, you should wait at least 2 weeks after the whitening is completed for the tooth color to stabilize before new fillings are placed.***

**If you have any questions about tooth whitening, please feel free to call us at 920-739-6808.**

Thank you!