

## Tooth Whitening Post Operative Instructions

These tips are designed to help with giving you the best results with your new custom whitening trays.


### Instructions for using your whitening trays:

1. Brush and floss teeth to make sure the surfaces of your teeth are clean and smooth.
2. Take the syringe and remove the cap. Insert a tip by twisting it securely onto the syringe.
3. Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.
4. Seat the tray with the gel around the teeth.
5. Some of the gel may ooze out over the tray and onto your surrounding gums and tissue. Make sure to wipe away this excess gel with a tissue or dry soft brush.
6. **Wear the trays once a day for 45 minutes only.**
7. After treatment remove tray. Rinse tray and mouth with lukewarm water.
8. Brush teeth.
9. Repeat steps 1-8 daily until all of the gel is used.

### For effective results:

- Do not eat, drink or smoke when wearing the trays.
- Do not smoke immediately after treatment – wait for at least two hours.
- Foods and drinks containing strong colours should be avoided for at least 48 hours after the treatment.
- Use gel at room temperature.
- Store in a cool place out of direct sunlight.
- Do not use gel after expiration date.

### Things to take note of:

- To be used under the supervision of a dentist.
  - Keep out of reach of children and pets.
  - Mild sensitivity to hot or cold liquids may occur. This usually passes within 1 – 2 days. If sensitivity persists, we recommend pausing treatment for 1-2 days before proceeding. **Discontinue use if any unusual sensitivity or reactions occur.**
  - If you experience gum sensitivity do not brush the afflicted area while brushing your teeth.
  - Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the color to tone down somewhat after treatment when your teeth rehydrate to a natural white tone.
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- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these may need to be changed in order to match your new smile.
- Whitening is not a once in a lifetime event – your results will fade over time. How long whitening lasts varies between each individual and depends on a number of factors, including: age, starting tooth shade, history of trauma to teeth, diet, oral hygiene, and smoking.
- We recommend maintaining your whitening results with a touch up syringe once every 6 months. Whitening is most effective after having your teeth professionally cleaned, and regular maintenance requires less work and less material.

If you have any further questions or concerns please do not hesitate to contact our office at (604)-732-1383.

