

### Take home whitening instructions:

- Your trays will be used every time you whiten- DO NOT discard them.
- Apply a very thin strip/or a dot each tooth in the tray, of whitening material on both the upper and lower trays. (DO NOT over apply- if material is getting on your gums, you are using too much! Each syringe should last you approximately 5 applications.)
- Place trays on the appropriate arch
- Keep the trays in position for about two hours for the first few applications.
- After you feel comfortable with two hours of bleaching, you may work up to wearing the trays up to wearing them overnight.
  - Some patients experience more sensitivity than others. If you start to feel any discomfort remove the trays and brush your teeth.
  - Most patients that have sensitivity with bleaching find it helpful to use a fluoride rinse, such as ACT, which is available at most drug/grocery stores.
  - If you get very sensitive you may skip a day and then continue to wear the trays gradually.
- Keep whitening trays clean and out of direct sunlight while not in use.
  - You can brush your trays with toothpaste to keep them clean
- It is best to brush your teeth before and after using the whitening trays.
- Keep the bleaching material at room temperature- in the hot summer it is best to keep the bleaching material in the refrigerator to keep the material from getting too warm.
- Be sure to use your trays only with the material our office supplies you. Refills are available in the office. Do not use over the counter whitening material in the custom trays we fabricate for you.
- If you have any questions please call our office and we will be happy to help.

HAPPY WHITENING!!