

Instructions for Tooth Whitening

Thank you for giving us the opportunity to brighten your smile. Hopefully, this will be an exciting time for you. The more you bleach consistently, the more quickly you will see the results, but the key is **comfort**, not speed! After we have delivered your bleaching trays, you will need to return to our office when you have almost completed the gel given. **Please bring your trays to each visit!!**

Homecare:

1. Always brush and floss after using the gel and trays; never immediately before.
2. Brushing and flossing may be done 2 hours prior to bleaching. (Sooner if comfortable)
3. We recommend that you use a desensitizing toothpaste with a high level of fluoride protection. We have included Fluoridex with your bleaching kit.
4. Never use a tartar-control toothpaste!
5. Please rinse trays under cold water; never under hot or warm water!

Directions:

1. Wear trays nightly for approximately 5-8 hours; if sensitive see below.
2. Fill the trays $\frac{1}{4}$ full (=one "drop") in the front eight to ten teeth; including bicuspids; no molars..
3. Do not fill the molar teeth area with gel.
4. Spit out excess gel (should be minimal).
5. Wipe away excess gel with fingers; if too much excess; we use less gel next time.
6. **DO NOT RINSE YOUR MOUTH WITH FILLED TRAYS IN PLACE.**
7. Upon waking, rinse trays in **cold** water, never in warm or hot water.
8. Store in a dry, safe place.
9. Brush and floss as usual.

If Sensitivity Occurs:

1. Decrease the length of time that you wear the trays at night; 2 hours equals 90% of the whitening.
2. Use the trays and gel every other night,
3. Apply Fluoridex or fluoride gel in the tray every other night instead of the bleaching gel, using an irrigating syringe to place one drop in each tooth.
4. Call our office and let us know about the sensitivity.

Please Be Aware:

1. Some characteristics of the teeth may become more noticeable with tooth brightening. These include cacks, craze lines, "white spots" hypo/hyper-calcifications, etc. These are natural components of esthetics and are not caused by the brightening process.
2. Pet Owners: Cats and dogs love the smell of the trays and will chew on them if left in their reach.

Avoid:

- Syringes of gel getting hot/warm (will inactivate)
- Trays becoming warm/ hot (will distort)
- Eating or drinking with trays in place
- Chewing food with trays in place (will break trays)
- Drinking hot or colored liquids with trays in place (will stain trays)
- Tartar- Control Toothpaste (will make teeth sensitive)
- Leaving trays in reach of pets

Please remember that no dental treatment can be done until 3-4 weeks after bleaching is completed.

Thank You,
Dr. Bob Finkel & Staff