

# WEST HAVEN DENTAL CARE LLC

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## INSTRUCTIONS FOR TOOTH WHITENING

- Brush and floss teeth prior to whitening for best results.
- Deposit a small dab of gel in each tooth space on the whitening trays. The doctor will review and demonstrate this with you.
- Insert the whitening tray.
- Use your finger to thoroughly seat and push the tray onto the teeth.
- Excess gel will squirt out the edges of the tray. Wipe this off with a tissue paper if necessary.
- Leave the tray in for a minimum of 60 minutes. During the whitening process, bubbling and fizzing sounds may be heard. This is the gel being activated and whitening your teeth and is normal and expected. Also, your gums may sting especially the areas in between the teeth. This is also normal and expected.
- If the stinging or pain becomes to great, remove the tray immediately and rinse your mouth several times with warm water to rinse out the gel. This is rarely a problem.
- At the end of the prescribed time of wearing the tray (please time carefully) gently remove the tray and rinse your mouth several times with warm water. Clean and rinse the tray also with warm water. DO NOT clean the tray with a toothbrush as you can damage it and soap is not needed.
- Replace the cleaned tray back in its case for the next use.
- It is normal and expected to have some amount of tooth sensitivity during and after the whitening process. This will alleviate after the process is completed. Your gums, especially the areas in between the teeth, may appear white or reddish after whitening and can be sore. This will heal when the whitening process is completed. Also, any "white spots" on your teeth will become more noticeable. These will tone down in time after whitening.
- Best results are obtained with daily wear. If sensitivity or soreness becomes to great, it is acceptable to skip one or two days before continuing the whitening process.
- For extreme sensitivity, the doctor may recommend using fluoride gel or sensitivity toothpaste in the whitening tray and wearing for 30 to 60 minutes. Gum soreness may be controlled with over the counter pain medications such as Aleve, Motrin, Advil or Tylenol as needed.
- Please call the office with any questions or problems anytime during the whitening process. The doctor will be glad to assist you.