

THE CENTER FOR  
Cosmetic & Restorative  
DENTISTRY  
*It's your time to smile.*

## Care and Instructions for Professional Whitening

Congratulations on your decision to whiten your smile! These instructions can help you during your active teeth-whitening phase

Within a few days of starting your whitening, you should notice whiter teeth. Discoloration from medication, minerals, or injury may not respond or may respond slower. Teeth are naturally darker along the gum line and may take longer to whiten. Tooth colored restorations will not change with teeth whitening.

- For custom trays: **Please follow the manufacturer's instructions included with your brand of whitening gel for how long to wear your trays.** When you remove your trays, gently brush them with lukewarm water and place them in the storage case. Do not leave the trays or whitening gel in excessive temperatures. Do not clean your trays in the dishwasher, they will melt. You may gently brush your teeth with lukewarm water to remove excess gel
- For single use trays: **Please follow the manufacturer's instructions included with your Kit for how long to wear your trays.** Each set of trays is labeled upper and lower, after placing the trays in your mouth remove the outer green cover and dispose of it. After you have completed the recommended wear time, remove the clear prefilled trays and dispose of them. You may gently brush your teeth with lukewarm water to remove excess gel

### General Information:

- You may experience some slight temperature sensitivity after whitening. Using a sensitivity toothpaste, such as Sensodyne can help with this. You can also whiten every other day. Temperature sensitivity is usually temporary and typically resolves upon completion of the whitening process.
- Coffee, tea, tobacco and wine can re-stain your teeth over time. Usually the surface stains are easily polished away at your professional hygiene appointments. You may want to "touch up" your smile once a year. Your whitening gel refills can be stored in the refrigerator for up to 2 years. To "touch up" you may want to whiten for 1-2 days following your professional cleaning.