

## Instructions:

1. Brush your teeth thoroughly to remove any plaque that has accumulated on your teeth .
2. Place grain of rice sized amount of whitening gel on the cheek side of the inside of the custom tray given to you. See Diagram.
3. Once tray is seated, gently push on the teeth that you have applied the whitening gel in order to spread evenly over each tooth.
4. Start your timer for 30 minutes (You may do 2 treatments of 15 minutes each per day).
5. Once time is up carefully remove the trays and brush teeth with toothbrush and water & rinse any remaining whitening gel out. Try your best not to swallow any gel.



## General Information:

With whitening it is common for teeth to become sensitive we recommend brushing 2x daily with sensitivity toothpaste such as sensodyne while doing your treatment. We have included a sample of sensodyne in your take home whitening kit.

If your teeth become too sensitive it is recommended to try treatments every second day and continue brushing with sensodyne.

It is a common side effect for a patient to develop sensitivity after doing whitening treatments.

For most patients it takes 2 weeks for them to reach their desired shade.

It is normal for gums to turn white when doing the whitening treatments, they will return to normal within a couple weeks after your treatments are done.

One tube of whitening gel generally lasts patients 1 week if they are doing 1 treatment daily.

Additional tubes of whitening gel can be purchased through our office.

After initial treatments are done some patients will do touch ups on certain teeth that did not lighten as much as the surrounding teeth or will just do a short treatment to reach their desired shade once again.

It is recommended to wait a couple of weeks after treatment to get any cosmetic/restorative work done so that your new shade can be properly matched.

If you are a heavy coffee or wine drinker or smoker it is common that patients will notice the teeth darkening again.

In your take home kit we have included the models we have used to make your whitening trays, please keep these models in case something were to happen to your trays then we wouldn't have to take new impressions.

To clean your trays rinse them with soap and water, using a toothbrush and toothpaste is too abrasive and can cause scratches in the trays.

Store your trays in a case that has air holes so your trays can properly dry out and not develop any bacteria growth.

If there are any questions give the office a call at **780-487-5808** or email at **mail@summerleadental.com**.

