



Teeth Whitening Care and Instructions

After treatment:

Our teeth whitening technology is shown to remove stains from the inside of the teeth outward, making next 48 hours are important in enhancing and maximizing your whitening results. The whitening treatment will continue to work, as it absorbs into the teeth, allowing them to get lighter in shade during the next 24-48 hours. Please avoid all dark or yellow staining substances for the next 48 hours

- Coffee, tea, soda, or any colored drinks using dye such as Gatorade, cranberry juice, etc.
- Tobacco products, red/white wine
- Red sauces, soy sauce, mustard, ketchup
- Colored lipstick
- Colored toothpaste, gels, mouthwash (wait 48 hours for use of Perio RX or Chlorohexidine)

For any tooth sensitivity that may occur, use the UltraEZ trays that have been given to you. To use:

1. Remove tray from package and position tray on teeth
2. Bite firmly then gently suck down on tray for 2 seconds. Do not press tray against teeth as it pushes the gel against the gums
3. Remove outer tray leaving the white inner tray on the teeth
4. Wear for 15 minutes up to 1 hour per day

Using whitening syringes:



Apply a **SMALL** drop of whitening gel halfway up on the inner front surface of the tray. Do not spread bleach around



Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth.



Remove excess gel using a cotton roll or soft toothbrush. Do not swallow rinsed gel. Wear opalescence 20% for **2-4 hours**, per day until desired shade it met. If sensitivity develops, use according to tolerance



Clean whitening trays with a soft toothbrush and cool water. Store trays in case and dry place away from heat or direct sunlight. Gel may be refrigerated for longer shelf time

You may start using whitening syringes 48 hours after professional in-office whitening procedure. Alongside your at-home whitening maintenance, in-office professional touch-up sessions are recommended to maintain desired shade. Please don't hesitate to call our office for any questions.