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INSTRUCTIONS FOR TEETH WHITENING WITH CUSTOM TRAYS

TEETH WHITENING AT-HOME

- Treatment is usually for 2 weeks unless otherwise discussed and recommended by Dr. Martinez. Some cases may take longer, especially if treatment is interrupted.
- We recommend to schedule a 1 week follow up appointment to monitor progress and make any adjustments if needed.
- Through out the duration of the treatment avoid dark drinks, such as coffee, dark tea, red wine, dark sodas, dark juices and avoid smoking.

THE PROCEDURE

- Make sure you brush and floss thoroughly prior to each treatment. The whitening gel works better if it is in contact with the tooth rather than plaque buildup.
- Have your trays dry then apply a teardrop-sized drop (1-2mm) of whitening gel into each tooth well, only on the outermost tooth surface. Skip application on any teeth that have crowns or veneers.
- Put your trays in and push along the gum line (not on the teeth), remove any gel that may be on your gums.
- Begin with 1-2 days for 1 hr daily vs twice a day. Progress to 4-6 hrs a day up to overnight. If tooth sensitivity occurs skip 1-2 applications.
- If gum sensitivity/ irritation occurs, let us know, your custom trays might need to be adjusted.
- Do not eat or drink while wearing the trays.
- Remove your trays after each use, rinse them with cold water and a toothbrush, hot water may soften your trays and they will not fit as well. Rinse/brush your teeth to eliminate any residue of whitening material.
- Store your trays in the case but make sure the trays fit in right so they do not become twisted or lose their shape when closed.

POSSIBLE SIDE EFFECTS

- Whitening works best on yellow stained teeth. Gray teeth are more difficult to whiten, may take longer or may not respond to treatment. A few cases may require porcelain veneers to achieve the desired result.
- Long term results vary from patient to patient, clinical studies have shown that results can last for 2 years. This can depend on many factors such as coffee, tea, wine, or cola consumption and smoking, etc.
- Mild sensitivity to cold liquids or air may occur. This usually passes a few days after treatment is completed. If the sensitivity is severe or persists, discontinue using the gel and contact our office.
- Keep any gel that you have left over for touch-ups. This could be once a month or once every six months. Depending on your habits (smoking, coffee, etc). Touch-ups should require only wearing the trays once or twice to bring back the brightness.
- If you have any questions please call our office.