



What to expect after whitening your teeth

Sensitivity/Irritation

- Temporary tooth sensitivity is the most common side effect of the whitening process. This sensitivity can be readily eliminated by reducing the amount of time the whitening gel is used and/or using desensitizing agents. Irritation of the gums is another common side effect of whitening. This irritation is eliminated by making sure no whitening gel touches your gums when you are using your take-home trays and/or by using less gel in your take-home trays.

At home whitening instructions

- Place a small bead of fresh whitening gel on the inside-front region of your tray, exactly how your Dental Assistant demonstrated to you.
- Place the tray firmly over your teeth.
- Wipe away any excess gel that touches your gums.
- Only keep the tray in your mouth for as long as you're pain-free. If you experience sensitivity, reduce the length of time you have the tray in.
- Remove the tray at the end of the treatment period.
- Use a toothbrush and water (no toothpaste) to remove any gel that remains on your teeth and in the whitening tray.

Maintenance

- The effects of teeth whitening will vary in both intensity and duration for each patient. While most patients experience a high level of satisfaction with their whitening, some patients experience only minimal whitening of teeth which contain stains too deep for standard whitening procedures. In all instances, periodic at-home whitening of teeth will be required to maintain the lightness first obtained.
- At the end of each treatment, brush your teeth using only tap water and a toothbrush then rinse your mouth using tap water.
- Use your toothbrush and tap water to gently clean any remaining gel from inside the tray.
- Store the trays in their container between treatments.
- For better, longer lasting results do not eat or drink any dark food or liquid until the next morning.