

## ***Teeth Whitening (At-Home Method)***

***We have done our best to provide you with the finest quality whitening materials. Your continuing care and follow up can assure long term success.***

### ***Ease of use***

The at home whitening in custom fitted trays is generally the fastest and most comfortable method known. This method allows you to monitor your own progress as it does not require a special light, heat or lengthy office visits. The amount of color change can depend on the length of time you wear the tray and the number of weeks you continue your treatment. The results can be unpredictable; however, effects may be noticed within 2 days of use.

### ***Tooth Sensitivity***

Some patients report that their teeth become sensitive to cold or pressure. This may occur for a short time during or after the whitening process. The sensitivity usually does not last very long. You may decide to alternate use of the trays to every other day or using the upper tray one day and the lower tray the next. If the sensitivity persists, call our office. We have products here that can help with tooth sensitivity. We are here to help.

### ***Gum Tissue Sensitivity***

Your gums may also become sensitive or irritated from the whitening process. If this occurs, simply decrease the amount of whitening gel in each tray and be sure to wipe the excess from around the edge of the tray. You may also wish to contact our office for an appointment so that we may trim the trays to limit the amount of gel that comes in contact with your gums.

### ***Instructions***

Be sure to follow the instructions that were given to you with your trays and gel. Keep the trays in your mouth for no longer than the specified time. If you were given medication for sensitivity, follow instructions for use prior to or after whitening. If you have any questions regarding times, please contact our office.

### ***Oral Health***

Teeth Whitening is an investment in your oral health. Be sure to continue to brush at least twice a day and floss daily to maintain a healthy mouth. Regular cleanings and check ups are very important to retain your healthy, confident smile.

### ***Touch Up Application***

Once the initial whitening process has been completed, **keep the whitening trays**. You will use them for touch ups as needed. Many patients will wear the trays 1 or 2 times every 3-4 months to preserve the brightness. Refill gel is available at our office.