



## **At Home Whitening Instructions**

At our office, we use a custom made at-home whitening tray system. Research has shown that this is much more effective at whitening than at office whitening systems that you may see on the news. Also, we have carefully selected the product that we use to decrease sensitivity that used to be a common problem associated with whitening. You will notice your teeth to look blotched with white areas during the initial bleaching sessions. Continue to bleach for about 1 hour a day until you achieve a uniform color.

We currently use a hydrogen peroxide gel at our office. Small reservoirs were placed into your trays on the cheek side of your teeth so that it may hold the whitening gel where it needs to be applied to optimally whiten your teeth. Place a small amount of gel, about a 'drop', in each of the reservoirs. Place the trays in your mouth and press them to fit to your teeth. The gel slowly degrades over time. We recommend using this product per the directions from the manufacturer which are 15 minutes 1-2 times a day . However, if you do not have any sensitivity problems you may extend the time the trays are on your teeth.

It is possible to have irritation to your gum tissue. To avoid this irritation do not place excessive amounts of the whitening gel in the tray. If you experience any problems, please call us.