



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 30 minutes a day until you achieve a uniform color.

We use a 9% 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 only works for about 30-45 minutes an application, so do not exceed 45 minutes per application.

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.