

Stillwater Family Dental
(651) 351-0890

Patient Instruction Sheet for Whitening

- I. Instruction for Whitening:
 - A. Brush and floss teeth.
 - B. Place a small 1-2mm square size amount of whitening gel on lip side of each tooth in tray.
-Each tube should last 3-4 days (the directions state to use ½ to ¾ of tube, but that is not necessary).
 - C. Place trays in mouth and press lightly to remove any air bubbles.
 - D. Wipe any excess off gums that may come out of the tray; if that happens, use a lesser amount next time.
 - E. Wear 1-2 hours during the day. This can be repeated twice in one day if faster results are desired. Some patients wear at night for convenience, but this is not necessary.
 - F. After use, remove trays and clean trays with toothbrush and cold water.
 - G. Brush with prescription toothpaste given with kit or sensitive tooth paste.

- II. Continue the above steps for 2 weeks.

- III. Do not do the following:
 - Drink, eat, or smoke while whitening.
 - Whiten if pregnant or nursing.
 - Do not freeze or expose gel to heat or sunlight. Store in refrigerator after initial 2 week treatment (the tubes will keep for 18 months; refill tubes can be purchased in one to two years at a minimal cost).
 - Keep trays in a safe place where pets cannot get to them – dogs will chew them up!
 - Avoid smoking within 2 hours after whitening.
 - Avoid color staining foods. Example: red wine, blueberries, cherries, ect...

- IV. Things to keep in mind:
 - The gum line area lightens slower – this is normal.
 - Smoking or drinking coffee can re-stain teeth over time.
 - A patient can re-whiten teeth for 2-3 days. 6-18 months following initial treatment, to maintain desired effect.
 - If teeth become sensitive, stop whitening 1-2 days and use prescription toothpaste in tray and sensitivity will cease. Resume whitening for only one hour per day.