



Self Care – Home Whitening

Here are some simple tips for great whitening success.

- 1) Use whitening product as instructed by dentist
Not all whitening products are the same. Please refer to whitening instructions. Some are more concentrated and others require more or less time. If you don't have instructions, please call our office.
- 2) Store whitening product in the refrigerator, keeping it out of the reach of children. Label product in fridge where it will not be mistaken as consumables.
- 3) When applying product to tray, it only takes little amounts. What you will find is that the gel, after the tray is placed in mouth will overflow from tray on gums. Please take a cloth and wipe off gel as this gel can cause gum irritation if left on gums
- 4) After removable of tray was whitening gel off teeth and rinse out. DO NOT swallow whitening gel.
- 5) If you find that your teeth are getting SENSITIVE, stop whitening for a few days and let your dentist know. An additional desensitizing product such as ACT mouth rinse might be needed.
- 6) Please be aware whitening is NOT for everyone; everyone reacts differently and will see different results from whitening.

Any problems, questions or concerns, please call our office at 303-975-6987