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### **Patient Instructions for Home Teeth Whitening Instructions**

- 1) Fill each well with bleaching gel.
- 2) Insert the bleaching tray in mouth and apply gentle pressure to each tooth.
- 3) If any gel oozes onto the gums, wipe it away with a tissue. Do not worry if you taste a little gel in your mouth during a bleaching session. It happens. If it really bothers you, wash your tongue. But don't rinse your mouth with the tray in during a bleaching session. If you constantly taste gel, you're putting too much in. Use a little less next time.
- 4) The bleaching gel actively bleaches your teeth for about one hour. Wearing the tray overnight while you sleep will not over-bleach your teeth, while wearing it for less than one hour may be wasteful. Depending on your needs, you may bleach once or twice a day, or every other day. Extending the time in between each bleaching session will not jeopardize your results.
- 5) After each use, rinse the bleaching tray thoroughly with water and store the trays in their container. You may want to rinse your mouth to remove the taste of the gel.
- 6) Don't bother re-refrigerating your bleaching gel syringes. You'll use them up fast enough.
- 7) Some people experience teeth sensitivity during the bleaching process. If this happens, try bleaching every other day or longer. If the problem persists, call me.
- 8) Silver fillings sometimes leave a purple stain in the tray. This is normal and will not affect your teeth.
- 9) Remember that your teeth will be slightly darker at the gum line. That is normal and gives a more natural appearance.
- 10) After your final bleaching session, it takes about two weeks for the final color to stabilize. While you are bleaching, your teeth become dehydrated and appear whiter. It takes about two weeks to rehydrate them, so that the final color is a more natural white.