



Post-Operative Instructions: At-Home Teeth Whitening Kit

Please adhere to the following instructions to ensure optimal results and avoid any unnecessary discomfort or inconvenience:

Before Whitening

- **Brush and Floss:** Ensure your teeth are clean before using the whitening kit. Brush and floss your teeth thoroughly to remove any plaque or debris that could prevent the whitening gel from reaching the surface of your teeth.

Using the Whitening Kit

- **Apply the Gel:** Place a small amount of the whitening gel into each tray. Avoid overfilling, as excess gel can cause gum irritation.
- **Insert the Trays:** Carefully insert the trays into your mouth, ensuring they fit snugly over your teeth. Press the trays gently to ensure the gel spreads evenly over your teeth surfaces.
- **Wipe Away Excess Gel:** Use a clean cloth or tissue to wipe away any excess gel that oozes out of the trays onto your gums.

Wearing Time

- **Follow the Instructions:** Wear the trays for the duration specified in the kit's instructions, typically between 30 minutes to an hour. Do not exceed the recommended time, as this can increase the risk of tooth sensitivity and gum irritation.
- **Consistency is Key:** Use the whitening kit daily or as directed by your dentist for the duration specified in the instructions, usually 1-2 weeks.

After Whitening

- **Remove and Clean the Trays:** After the recommended wearing time, remove the trays and rinse your mouth thoroughly with water. Clean the trays with cold water and store them in a clean, dry place.
- **Avoid Eating or Drinking for 30 Minutes:** To allow the whitening agent to continue working, avoid eating or drinking for at least 30 minutes after removing the trays.

Dietary Recommendations

- **Avoid Staining Foods and Drinks:** During the whitening treatment period, avoid foods and drinks that can stain your teeth, such as coffee, tea, red wine, berries, and dark sauces.



- **Stay Hydrated:** Drink plenty of water to help rinse away food particles and maintain oral hydration.

Managing Sensitivity

- **Tooth Sensitivity is Normal:** Some tooth sensitivity is normal during the whitening process. If you experience significant discomfort, consider using the trays every other day instead of daily.
- **Desensitizing Toothpaste:** Use a toothpaste for sensitive teeth, like Sensodyne, to help alleviate any discomfort.

Maintaining Results

- **Good Oral Hygiene:** Continue to brush and floss regularly to maintain your whitening results.
- **Regular Dental Check-Ups:** Visit your dentist for regular check-ups and cleanings to ensure your teeth remain healthy and white.

When to Call Our Office

Please call our office if:

- You experience severe tooth sensitivity or pain that does not subside.
- You notice any significant gum irritation or other adverse reactions.
- You have any questions or concerns about the whitening process or the results.

If you have any additional questions or concerns, please reach out to our office. We are here to support your whitening journey and ensure you achieve the best possible results.