

Instructions for Teeth Whitening

Teeth whitening is one of the conservative and easiest ways to improve your smile. Please follow these instructions to increase the predictability and improve your results. Results may vary between individual.

1. Brush & Floss

Please brush & floss before and after bleaching to ensure the best result. Also, the bleaching trays should be kept clean by soaking them in hydrogen peroxide.

2. Less is More

Only a small dot of bleach is needed per tooth. Excess bleach may result in overflowing out of the trays which can burn the gums. If this does happen, quickly wipe off the excess with tissue or paper towel.

3. Slow and Steady

We recommend that you start slow - only one hour of bleaching per day. If you find that your teeth are not sensitive, you may increase the duration up to three hours per day for a faster result.

4. Sensitivity

Teeth whitening may make your teeth sensitive. This is a common effect that is only temporary. To reduce the sensitivity, you can reduce the bleaching time, and/or apply a small amount of Sensodyne in the trays and wear them for 10-30 minutes after the bleaching session.

5. Avoid staining foods/drinks

Especially for at least one hour after bleaching, you should stay away from anything that might stain your teeth (eg. coffee, red wine, Diet Coke, etc... think of anything that could stain a white shirt).

If you have any questions or concerns, please do not hesitate to contact our office. You matter to us, and we are here for you.