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Teeth Whitening Instructions

Before Whitening

- Brush and floss your teeth before inserting trays.
- Make sure your custom trays are clean and dry before use.

Loading the Gel

- Place a small drop (about the size of a grain of rice or angel hair pasta strip) of whitening gel into each tooth compartment of your custom tray.

Wearing the Trays

- Insert the trays and gently adapt them to the sides of your teeth.
- Wipe away any excess gel from your gums with a finger or soft toothbrush.
- Recommended wear times:
 - Opalescence 10%: 8–10 hours or overnight
 - Opalescence 15%: 4–6 hours
 - Opalescence 20%: 2–4 hours
 - Opalescence 35%: 30–60 minutes

After Whitening

- Remove trays and brush teeth to clean away any remaining gel.
- Rinse your mouth thoroughly.
- Clean trays with a soft toothbrush and cool water.
- Store trays in their case and refrigerate unused syringes.

Important Precautions

- Do not eat, drink, or smoke while trays are in place.
- Avoid swallowing large amounts of gel.
- Crowns, bridges, fillings, and veneers will not whiten.
- Some sensitivity is normal; if it becomes significant, skip a day or contact our office.
- Pregnant or nursing women, or patients with gum disease or cavities, should not whiten.
- Avoid foods/drinks that stain (coffee, tea, red wine, tobacco) during treatment.

Tips for Best Results

- White spots may appear temporarily but usually blend with continued whitening.
- Teeth near the gumline may take longer to lighten.
- Touch-up treatments may be done every 6–12 months to maintain brightness.

When to Call Us

- If you experience severe or persistent sensitivity, gum irritation, or discomfort.