

Take-Home Custom Whitening Trays

Follow all home care instructions as provided by your dental team. They provide individualized instructions to help you best care for YOUR mouth.

It is important to adhere to your recommended follow-ups and hygiene maintenance appointments, so that we can properly monitor and promote the success of your oral and overall health.

- Brush and floss teeth prior to use of trays
- Inject a thin ribbon of whitening gel in the front part of your trays
- Insert your trays over your teeth, and gently press to spread the gel across your teeth
- Wipe off any excess amount that may have extruded onto gum tissue with a tissue to avoid any gingival burns
- Do not eat or drink while wearing trays, avoid swallowing gel
- Keep trays in for the time recommended for your specific case (as directed by your doctor)
- After use remove trays and brush off residual gel on teeth and rinse, also clean trays with toothbrush and toothpaste with cool water.
 - *Hot water will warp trays*
- Place trays in case provided, keep away from direct heat and pets.
 - *Pets are attracted to things that have come in contact with human saliva*
- Use trays daily until you receive your desired result (recommended 2 week use)
- If sensitivity occurs you may skip a day or wear for less time (15 mins instead of 30 mins, for example)
- We recommend using prescription fluoride or Sensodyne toothpaste to help with sensitivity.
 - *We offer prescription fluoride paste at our office*
- While actively whitening, it is best to keep to a “whitening diet”, avoiding staining foods.
 - *Remember that any food or drink that would stain a white t-shirt will stain your teeth!*
- After reaching your desired shade you may become dull after time. We recommend touch-ups at your discretion. Most people touch up monthly or bi-monthly for 2-3 days.

Please call or stop in the office to purchase additional gel, or with any questions.