

## Whitening Instructions

Brantford Central Dental

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- Place small drop of whitening gel on front surface of each tooth within the whitening tray.
- Wear the whitening trays for 30 minutes twice a day.
- Once the trays are removed brush your teeth and rinse your mouth to remove any remaining residue.
- The whitening trays should be worn between 7-10 days. The whitening trays may need to be worn longer in cases where teeth are badly stained. This process may need to be repeated every 8-12 months to maintain whiteness.
- Allow 1-2 weeks after you stop wearing the whitening trays before having any restorations done on front teeth. After whitening, teeth will relapse slightly within the first week because the whitening process causes some dehydration which causes teeth to appear whiter and may need to be replaced.
- Eating and drinking certain food products such as red wine, coffee and tea or smoking can stain teeth should be avoided. During the whitening process the teeth become more porous and the amount of stain this foods produce is increased. These foods should be avoided after the whitening process is completed to maintain the shade of white achieved.
- The whitening process may cause sensitivity on some or all teeth. This can be prevented in some cases by brushing with sensitivity toothpaste during the whitening process. It may also be helpful to place sensitivity toothpaste within whitening tray and wear there for 1 hour before placing whitening gel within the trays. If sensitivity toothpaste does not help, it may be helpful to reduce the time interval that the whitening trays are worn for. Any sensitivity that occurs during the whitening process should improve within a few weeks of stopping the whitening process. If sensitivity seems to be occurring on only one tooth or is very uncomfortable, stop using the whitening trays and contact your dentist.
- It is beneficial to wear the whitening trays in the top teeth only for 7-10 days, followed by the lower teeth for 7-10 days. This allows for comparison between the original shade and the desired shade. By whitening both the top and the bottom at the same time, the effects may not be detected as easily because of the lack of comparison.