



# Fremont Hills Dental Centre

## Tooth Whitening Post-Operative Instructions

### Getting Started:

1. Remove the cap from the syringe and slowly push the plunger until product reaches the tip.
2. Gently squeeze a small amount of product in the middle of each tooth, in the tray.
3. Place the product inside the tray in the portion that stands up straight. This is the visual side of the teeth you will be bleaching.
4. Rub the outside of the tray gently against teeth to evenly spread the product on each tooth.

### Finishing Up:

1. Remove trays. Brush teeth and trays with toothpaste.
2. Store trays upside-down in case provided. Allow trays to dry. Do not apply product to wet or damp trays. (It will be sticky and difficult to remove.)

### Things to Remember:

- Bleach only from blue to blue (shown on the models) since the other teeth will not be visible.
- Wear your trays at night for no fewer than four nights and no more than ten nights. Do not eat or drink while trays are in place.
- Control your intake of coffee, tea, caramel-colored soda and grape-colored wine during the bleaching period.
- Avoid citrus during the bleaching period. Fresh citrus could “zing” your teeth.
- Treat sensitive teeth in two possible ways. Wear Colgate Sensitive or Sensodyne toothpaste in your tray for two hours any time, or bleach every other night until sensitivity subsides. If it does not subside, call the office.
- Treat white or sensitive tissue by rinsing three times a day with salt water. Do not bleach until tissue returns to normal condition.
- Keep extra bleach for renewal and refrigerate it to maintain its strength.
- To renew, wear trays for two hours with product in place. How often you need to renew will depend upon your habits. Smoking, coffee, tea, caramel-colored soda and red wines all stain the teeth. The more you use these products, the more you will need to renew the bleaching.