

# Clark Family Dental Instructions for At-Home Teeth Whitening Trays

## **Instructions for Use:**

For best results follow these instructions and all verbal instructions from your dental staff. If you have any questions give us a call at (614) 855-5200.

1. Brush and floss your teeth before starting the whitening treatment.
  2. Remove cap from gel syringe. Save the cap to replace on syringe when you are done.
  3. Apply whitening gel into the front (facial) side of each tooth indentation in upper and/or lower trays. Place gel only in spaces necessary for whitening (omit back tooth indentations in tray) and do not overfill tray.
  4. Fit tray firmly on your teeth as instructed, wipe off excess gel on gums with tissue.
  5. Wear time for the 35% gel is 30-60 minutes and 15-30 minutes for the 45% gel.
  6. Do not eat, drink or smoke during treatment time and avoid grinding your teeth.
  7. Following treatment, remove custom trays from your mouth.
  8. Clean trays by rinsing with warm water and gently brush with a toothbrush.
  9. Remove gel from your teeth by brushing with warm water.
  10. Store trays separately from the molds. (Keep the molds in case you lose or break the trays as we can make them again for you from the molds. Your first set is free, any set after that is \$25.)
  11. Avoid drinking coffee, tea, red wine, dark colored soft drinks, or using tobacco products for a few days following whitening.
- You may experience sensitivity to hot or cold foods and liquids, or soreness of the gums. Aspirin or Ibuprofen may help reduce discomfort. However, if symptoms are extremely uncomfortable report them to your doctor immediately.