



McDonald & Middleton
DENTAL

YOUR NEIGHBORHOOD DENTISTS

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Teeth Whitening Helpful Home Care Instructions

Directions:

1. Brush and floss your teeth.
2. Load whitening gel into tray (be conservative with the amount, you will need less than you think) .
3. Place tray over your teeth.
4. Gently wipe off excess gel with your finger. There should be very little excess.
5. Keep the tray in your mouth for 1 hour. You will get very little additional benefit keeping it in longer.
6. Repeat each day until the desired amount of whitening has occurred. This will usually take about 2 weeks.

Things to remember:

- Everyone's teeth whiten differently in terms of speed and degree.
- Ideally, whitening should be completed 1-2 weeks prior to dental work (tooth colored fillings, crowns, veneers, etc.). Natural teeth will whiten, dental work will not.
- You may have some minor sensitivity. We can prescribe fluoride toothpaste to use to

help relieve this temporary sensitivity.