



LAKEVIEW
— DENTAL —

Shayan Ghodsi, DMD
Muyeenul Hassan, DDS
1402 Royal Palm Beach Blvd, Suite 500
Royal Palm Beach, FL 33411
561.898.1010

TEETH WHITENING INSTRUCTIONS

- 1) Prior to Treatment:** Brush and floss just prior to bleaching your teeth. The whitening gel is most effective with clean teeth.
- 2) Applying the Bleaching Gel:** Each whitening kit contains enough gel for approximately 10 days. The average treatment per arch requires approximately 0.5ml of whitening gel. We recommend that you only bleach the front 6-8 teeth as no one sees the back teeth. Twist the removable tip off of the syringe. Next, apply a small dot of gel into each tooth compartment in the tray. Remember this is a guide line only—if you have small teeth, use a smaller gel drop. Conversely, if you have larger teeth, use a slightly larger drop.



- 3) Inserting the Bleaching Trays:** Seat the tray carefully over the teeth and gently press tray upward until fully seated. Remove excess gel with a Q-tip, tissue or your finger. Do not let the gel sit on your gums during whitening. This may cause gum sensitivity.

You will probably find that for the first few treatments you will have either too much gel or not enough. If you do not see any excess gel seeping over the tray margin then you did not use enough gel. And if you see too much excess then you applied too much gel. Ideally, you just need to see a small amount of excess gel. Do not try to add more or remove the trays if this happens. Continue with the bleaching process and remember to use more or less bleach next time, as needed.

- 4) **Wearing Time:** Wear the trays for the recommended length of time.
- 5) **After Whitening:** When whitening time is up, remove trays and gently brush excess gel out of the trays with cool water and a soft toothbrush. Brush any excess gel off your teeth and rinse thoroughly.
- 6) **Post-op:** Some patients experience temporary sensitivity to cold or biting and occasionally slight aching after treatment. Ibuprofen, Aspirin or Tylenol may be taken as needed. If more than mild discomfort occurs during treatment, remove the trays and brush the gel off your teeth. If sensitivity persists, skip a few days of bleaching. This will not affect the whitening process. If you find that you still have sensitivity or if sensitivity is moderate to severe, please schedule an appointment.

Whitening Result:

The kit should last you about 10-12 days. Every case is different and every patient responds differently. This length of time may not be sufficient to get the result you are looking for. It is not unusual to bleach teeth for 2-3 weeks. Some patients do not see a noticeable difference until after the 2nd week. You can always purchase additional gel from us.

Maintaining Previously Whitened Teeth:

Some patients like to whiten their teeth for 1 to 2 treatments every few months to re-brighten their smile. Save your trays and any leftover gel for this purpose. Gel should be kept in the refrigerator to maintain shelf life. You may purchase additional whitening gel for future maintenance, if needed.

Care & Storage of Trays & Gel:

Always use cool water and a soft toothbrush to clean trays. Hot water or heat from direct sunlight can distort the trays, causing them to no longer fit properly. Store them in the case provided in a cool, dry place. Keep the gel out of reach of children. The gel may be refrigerated to prolong the shelf life, but do not freeze.