

# Whitening With Custom Trays

## **Expected Results:**

Typically whitening takes 2-6 weeks and teeth will lighten 1-2 shades. We cannot guarantee how long or how white, but you should see a true color change around 2 weeks.

Duration lasts 1-3 years, sooner if you smoke or drink a lot of stain-inducing beverages (coffee, red wine, etc.).

Save your trays for when periodic touch-ups are needed.

Tooth colored restorations will not change and may not match your lighter teeth after whitening. If you need restorative work done, wait 2 weeks from the last time you used the trays for an appointment to allow for shade stabilization.

Yellow-brown stains respond better than blue-gray stains. Root surfaces do not whiten. White spots do not either and may look more noticeable in the first few days until the rest of the tooth can lighten.

Do not use whitening products if you are pregnant/breast feeding, have sensitive teeth, or have TMD ( jaw joint/muscle pain).

## **Instructions:**

1) Brush and floss your teeth. Apply a small amount to the inner wall of tray only for the teeth to be whitened.

2) Seat the tray and wipe away the excess from the gums. If you see a lot of excess out of the tray, next time place less in the tray.

3) We recommend doing one tray at a time, starting with the top. With just one tray: there is less sensitivity, it's more comfortable to wear, and progress is monitored better.

4) For maximum effect, wear the trays while sleeping. If worn while awake, wear for 2-4 hours minimum, 8 max. Do not eat or drink with the tray in.

5) Rinse the tray with cool water and store in a cool area away from pets. Heat will cause the tray to warp.

## **If you develop tooth or gum sensitivity while whitening:**

- Skip a night or two, and start again.
- Brush with Sensodyne or place it in the tray and wear for 20 minutes. Rinse the tray and then whiten.
- Stop and call us for an appointment (904-264-2483).

