

Home Care Instructions Following At Home Whitening

- Follow instructions included in your kit.
- Total treatment time is usually 2 weeks. Some cases may take longer, especially if treatment is interrupted.
- Make sure you brush and floss thoroughly prior to each treatment. The bleaching gel can work better if it is in contact with the tooth rather than plaque buildup.
- Mild sensitivity to cold liquids or air may occur. This usually passes a few days after treatment is completed. If the sensitivity is severe or persists, discontinue using the gel and contact our office.
- If you experience any gum irritation, let us know. Your custom tray may need to be adjusted.
- **Teeth Whitening** works best on yellow stained teeth. Gray teeth are more difficult to whiten, or may not respond to treatment. Such cases may require porcelain veneers to achieve the desired result.
- Results can be quite dramatic. However, upon completion of the **teeth whitening** process, the color will “tone down” somewhat. This is normal and actually looks more natural.
- Long term results vary from patient to patient. This can depend on many factors including habits such as smoking or coffee, tea, wine, or cola consumption.
- ‘Touch-up’ treatments may be needed every 3 – 6 months. This can usually be accomplished in 1 or 2 treatments of 1 – 2 hours each. A special touch-up kit is available at our office.
- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these restorations may need to be changed in order to match your new smile.
- If you have unsightly old silver fillings ask us about changing them to invisible white fillings. Old crowns with dark gumlines can be changed to more natural looking metal-free porcelain crowns.
- If your friends wonder why you are smiling so much, tell them about us. It would be our pleasure to help them improve their smiles, too!