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Instructions For Patients Using Home Whitening Therapy

Today you received your home whitening materials consisting of whitening trays and the whitening gel. Each whitening tray has been carefully fabricated from the impressions taken at your last appointment. The trays are delicate and should be treated carefully. The slight flexibility of the tray allows it to be flexed as it is inserted into the mouth and over the teeth.

The trays are not interchangeable between the upper and lower teeth, or other people. They will only fit the teeth for which they were constructed.

1. The solution is carbamide peroxide or hydrogen peroxide. (It is not toxic or harmful if small amounts are swallowed while wearing the trays.) Place a thin bead of gel on the front teeth inside of each tray and gently insert into the mouth. Excess solution will ooze out of the tray when first inserted. Spit the excess into a sink, or remove the excess with a tissue, q-tip, or cotton swab.
2. PERFECTA GEL (16% or 21%) or POLA NIGHT GEL: Wear the solution filled tray for one to two hours per day. You may wear it for a continuous two hour period or for two one hour periods. Brave souls may try wearing it for several hours at night while sleeping.
3. POLA DAY GEL (35%):
Wear the tray for 15 minutes ONLY!
4. After removing the trays, rinse or brush your teeth and the trays with warm water.
5. It will take several days of treatment before you will notice a change in the color of your teeth. You may continue the whitening process for up to two months.
6. After attaining the final lightened color of the teeth, you may use the bleaching treatment every once every month, as a "booster" to maintain the brightened color of your teeth for years!
7. Please keep your trays in the case provided when not being worn. Also keep your dental molds, to help make new trays if they are every lost or altered.

Common side effects are slight gum tissue irritation or sensitive teeth. These resolve within days of not using the whitening material.