



□ At-Home Whitening Instructions

1. **Brush and floss** your teeth before whitening to remove plaque.
2. **Apply whitening gel:**
 - Place a small drop of gel in the center/front of each tooth space in your custom tray (about half a pea-sized amount per tooth).
3. **Insert trays** and gently press to seat them. Wipe away any excess gel from your gums with a tissue or clean finger.
4. **Wear time:**
 - **Hydrogen peroxide gel (higher strength):** 30–60 minutes per day
(*Follow the specific product instructions provided by your dentist.*)
5. **After whitening:**
 - Remove trays, rinse your mouth, and gently brush your teeth.
 - Rinse trays with cool water and store them in their case.

Tips:

- Avoid coffee, tea, red wine, or tobacco during whitening.
- Mild tooth sensitivity is normal—skip a day or use desensitizing toothpaste if needed.
- Do not sleep with trays in unless specifically instructed.

Call the office if you experience significant sensitivity or gum irritation.