



HELENA FAMILY DENTISTRY

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Whitening Tray Instructions

- Brush your teeth prior to each use
- Load whitening gel into the deepest portion of the trays. Only inject it into the areas that are cut out on the tray (usually the front eight teeth)
- Place the tray firmly on your teeth. Some of the material will seep out onto your gums. Remove it by gently brushing or by using your fingertip
- The amount of time wearing the tray with gel depends on the percentage and sensitivity:
 - *The first day, start with 1 hour to evaluate next day sensitivity
 - Wear 10% gel 8-10 hours or overnight**
 - Wear 15% gel 4-6 hours**
 - Wear 20% gel 2-4 hours**
- After removing the tray, clean it with cool water and a Q-Tip
- Your teeth may be sensitive to cold while you are whitening. This is temporary and usually subsides within a couple of days after you have completed the treatment
- If your sensitivity is persistent or more than mild, you do not need to whiten every day. Whitening every other day, or even less is fine, and you will end up with the same final result. There are also anti-sensitivity products that may be helpful. Please call the dental office to discuss options if necessary.
- Usually treatment requires 1-2 weeks of whitening, unless otherwise specified
- Although whitening is stable long-term, it may be necessary to whiten your teeth one night every six months

NOTE: the whitening gel should be kept in the refrigerator for prolonged effectiveness