



BRIGHTWORKS DENTISTRY

Take-Home Custom Whitening Trays

It is important to follow specific instructions to ensure safe and effective whitening. Here's a guide on how to use custom whitening trays at home:

1. Brush and floss your teeth thoroughly **before** using the whitening trays. Clean teeth allow the whitening gel to make better contact with the tooth surface for more effective results.
2. Apply the whitening gel: **Knowing the strength of whitening gel you may need is important.** We have 2 kinds of Hydrogen Peroxide based whitening gel . **6% HP** is typically for patients who are more sensitive while **14%HP** is better for patients with less sensitivity.

Whichever is best for you, place a small amount of whitening gel into the front of each tooth compartment of the tray. ****Be careful not to overfill**, as it can irritate your gums and **avoid swallowing any excess gel**. When trays are inserted be sure to use a mirror and remove any excess with Q-tips.

3. Wear the trays for the recommended time. You will wear the trays for 30 minutes per day **or** two 15 minutes sessions per day for two weeks. **Pay attention to any tooth sensitivity or gum irritation while using the whitening trays.** If you experience discomfort, reduce the frequency of use.
4. While wearing the whitening trays, **avoid eating, drinking or smoking**, as this can affect the whitening process and potentially cause staining.
5. After the recommended wear time, carefully remove the trays from your mouth. Rinse the trays thoroughly with water and brush your teeth to remove any remaining gel. Store the whitening trays in their case when not in use to protect them from damage and keep them clean.

Don't use if pregnant or breastfeeding as the safety of whitening agents during pregnancy and breastfeeding is not well established.

By following these whitening tray delivery instructions and any additional guidance provided, you can safely and effectively whiten your teeth at home. If you have any questions or concerns during the process, don't hesitate to reach out to us.

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