



Dental Whitening Success Secrets

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General Guidelines for Whitening Success:

- Brush and floss your teeth as usual before and after applying trays
- Use toothpaste for sensitive teeth before and during the whitening process
- Use a straw to drink any liquid that can stain your teeth like coffee, tea, red juices, wine, dark soda. Avoid smoking and chewing tobacco.
- Avoid dark and acidic fruits like lemons, limes, oranges.
- Dramatic results happen after using the trays for about 2 weeks.
- Use desensitizer agent if your teeth start to become sensitive. It contains fluoride and will help strengthen your teeth.

Dental Whitening Instructions:

(1) Brush and floss your teeth before and after whitening.



(2) Place a small drop of whitening gel into each tooth section of the dry custom tray. DO NOT OVERFILL



(3) Place the loaded trays in your mouth and wipe off the excess. Use for 2-3 hours per day or overnight.



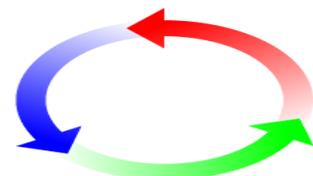
(4) Take off the trays, rinse out and brush your teeth. Remember to avoid certain foods and liquids.



(5) For tooth sensitivity place desensitizer agent in your trays and put on for 2 to 3 hours until sensitivity goes away.



(6) Continue this cycle for approximately 2 weeks or until you are happy with the shade of your teeth.



Frequently asked questions:

What is the active ingredient in whitening gel?

Carbamide Peroxide. Your whitening gel has 10-20% concentration and can be placed into the refrigerator for long term storage.

How long will my teeth stay white?

Approximately 6 months. Usually your custom trays can be used to whiten your teeth several times.

Does whitening ruin your enamel?

No. Whitening dissolves the organic material in the pores of dental enamel. Whitening occurs when dark organic material is replaced with lighter organic material.

Do teeth become more sensitive during whitening?

Sometimes teeth become sensitive during whitening. To decrease sensitivity, we recommend using toothpaste for sensitive teeth before and during the process. You can also place desensitizer gel in your trays for 2-3 hours to take away tooth sensitivity.

What if I have more questions?

Feel free to call our office at 215-698-2710 and we will gladly answer any of your questions.