



Michael A. Levato DDS
General & Cosmetic Dentistry

Take Home Teeth Whitening Instructions

- Before whitening, brush and floss your teeth with your regular toothpaste.
- Ensure that your custom made whitening trays are clean and free of debris. Apply your whitening gel to the facial surface (the surface people can see when you are smiling) and *not* the biting surface of the tray. Just one **small** dot for each tooth. You may only want to whiten the visible teeth in your smile.
- Insert the trays into your mouth and leave in for 30-45 minutes. During this time do not eat, drink, or smoke. **DO NOT LEAVE BLEACH IN OVERNIGHT.**
- If you have excess gel oozing from the trays, you have used too much of the product. Wipe away the excess with a damp cloth or tissue from your mouth and gums.
- Once completed, remove the trays and wash them under cold water. Use a toothbrush to eliminate any remaining gel. Brush and rinse your mouth out with water to remove any residual gel in your mouth.
- When the whitening trays are not in your mouth, please keep them in the plastic container we have provided.
- If you experience sensitivity from the whitening: clean whitening gel out of the tray, place a desensitizing toothpaste in your trays, and place the trays back onto the teeth for 5-10 minutes. This decreases the sensitivity greatly. Cease using the product if excessive sensitivity persists.
- You will be performing this process for any time between 5-14 days depending on the results you are expecting.
- Please avoid drinking tea, coffee, red wine, eating berries or any other staining foods, and smoking during the whitening process.
- Store whitening gel out of the sun and heat. Refrigeration is recommended. Do not freeze.
- Regular dental checkups and cleanings are important before and after whitening to maintain a healthy smile.
- Call our office if you have any questions or concerns.

Superior care, one patient at a time.

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