

### **Custom Whitening Trays**

First appointment ~ approximately 20 minutes long. Upper and lower impressions will be taken. Shade of your teeth will be taken. Desensitizing toothpaste will be given to use 1-2x a day two weeks prior to whitening and throughout the whitening process.

Second Appointment ~ trays will be delivered with whitening gel. You will be shown how to apply gel.

Brush and floss prior to using the trays with gel.

Do not overfill the trays as this could irritate your gums. After removing the trays, thoroughly rinse the trays. Using your finger to lightly rub the residual gel from the trays is recommended. Rinse your mouth thoroughly with water. A toothbrush may also be used to remove the gel.

**DayWhite** – Maximum White is our strongest at 14% hydrogen peroxide (equals 42% Carbamide peroxide) which also has a desensitizer and fluoride. Wear time is 15 minutes

2 times a day or 30 minutes once a day.

**Venus** - 35% Carbamide peroxide wear time 30-60 minutes.

For best result, refrain from smoking, drinking coffee, tea, red wine or consuming anything that could stain a white shirt the first two hours after whitening.

It's OK to skip a day of whitening, if your teeth become sensitive.

How many times you will need to whiten depends upon the individual, everyone whitens differently as everyone tans differently.

The average whitening applications is initially 8-10. Eventually your teeth will reach a saturation point which means they won't become any lighter.

When is it time to do a touch-up application? This depends upon your dietary habits and if you smoke/chew tobacco. Perhaps once every one to two months.

Keep unused syringes refrigerated.



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