

Advanced Cosmetic & Implant Dentistry

Dr. Kevin Landers

30 S Michigan Ave., Suite 300

Chicago, Illinois 60603

(312) 263-7823

Instructions For Whitening

1. Thoroughly brush and floss your teeth.
2. Remove cap off then recap after use.
3. Express contents of unit dose syringe evenly into deepest portions of the tray, on cheek side of teeth. Use no more than one-third to half of the syringe with each application. When the tray is seated into your mouth the solution should cover all of the facial tooth surfaces.
4. Seat the tray completely and firmly onto your teeth.
5. Wipe off excess gel with your finger and rinse.
6. Wear tray and solution for approximately:
 - 8-10 hours or overnight (10%)
 - 4-6 hours (15%)
 - 2-4hrs (20%)
7. When tray is removed, clean it with cool water and store in a safe place. Brush and rinse remaining gel from teeth. Remove tray prior to eating. Don't smoke or drink volumes of liquid with bleaching gel in place.

General Whitening Tips

Whitening solution can last for years if **stored in the refrigerator**.

Stay away from citrus juices, red wine, tea, and coffee during bleaching process.

We recommend upkeep of those pearly whites with a whitening agent. If additional tubes are needed in the future they may be purchased at our office, so don't lose your plastic trays. Ask about our whitening for Life Membership.

It's a good idea to note the color of your teeth in comparison to the white part of your eyes or sclera. After the whitening procedure you can compare again and observe the difference.

There's no set time designated for bleaching teeth. It depends on the pretreatment shade of your teeth and how many shades whiter to achieve your desired shade of white. On average, patients bleach their teeth for 4-7 days. But it may take longer.

If you are planned for Bonding, Veneers or Crowns on your front teeth, start your whitening procedure as soon as possible!

The goal is to complete the whitening procedure 2-4 days before your treatment visit (The visit where the new Bonding, Crown, or Veneer is made). Waiting for 2-4 days after whitening will allow your teeth time to rehydrate and allow for a more accurate shade match. Do the math, 4-7 days needed to whiten your teeth "Plus" 2-4 days to rehydrate. Most people start whitening 2 weeks before any cosmetic restorative procedures.

If you have any questions or concerns, please don't hesitate to ask us.

Sincerely,

Dr. Kevin Landers and staff