

Capitola Dental
Robert Schellentragner, D.M.D

Whitening Instructions

- ❑ Brush teeth prior to whitening to ensure that they are plaque free
- ❑ For DayWhite or NiteWhite, twist off cap and replace with mixing tip/ Remove green cap from mixing tip. (This mixing tip should stay on for the entire use of the syringe.) For Opalescence, just twist off the cap.
- ❑ Fill each tooth space of tray with a teardrop size of material towards the cheek side of the tray.
- ❑ Re-cap the syringe
- ❑ Insert the tray in mouth and wipe off any excess whitening agent that may spill out with a wet toothbrush or damp cloth. This may also mean you have overfilled the tray.
- ❑ After one hour (or 30 minutes if using a 35% or 38% bleach), remove the tray and brush teeth with toothpaste to remove all excess bleach, clean outside and inside of tray as well.
- ❑ Your teeth will be very dehydrated at first, so do not eat or drink anything with color for about 8-10 hours (i.e. coffee, red wine, tea, marinara sauce) as it may result in staining the teeth.
- ❑ For the first week of whitening, keep your tray in for one hour everyday. If using a high bleach concentration, i.e. 35% or 38%, only leave on for a maximum of 30 minutes per day. For the second week, use it every other day or until you feel that your teeth have lightened to your desired shade. Excessive whitening may cause sensitivity. If sensitivity occurs, suspend whitening for about a week. You may also purchase high fluoride toothpaste at our office that will help desensitize the teeth and allow you to continue whitening.

If you have done the Sensational Smile 20 Minute Whitening:

- ❑ Your teeth will be very dehydrated at first, so do not eat or drink anything with color for about 8-10 hours (i.e. coffee, red wine, tea, marinara sauce) as it may result in staining the teeth.
- ❑ You will also be given a bleach pen which contains up 60 days of bleach. You can use the pen to whiten up to another shade or maintenance.