



*Whistler Dental*

## **DAY WHITE**

Congratulations! You have decided that you deserve a whiter, brighter, youthful smile and you are only two weeks away from achieving it! The quickness of the results vary for each individual. By adhering to the following instructions, you give yourself the best possible results in the least amount of time.

1. Always brush thoroughly and floss before whitening.
2. Line the front side for each tooth in your custom tray with a thin layer of the whitening gel. Be careful not to overfill the tray as the excess will touch the gum tissue and may cause irritation.
3. Firmly place the tray on your teeth, making certain the gel covers the entire tooth surface. It is important to wipe away any excess gel that may be touching the gum tissue to avoid possible irritation.
4. Leave the tray in place for ½ an hour to 45 minutes. The whitening gel is most effective during the first ½ hour of activation. Do not eat or drink with the trays in your mouth. Remove the tray and brush your teeth as you normally would.
5. After removing the tray, rinse and clean it thoroughly with a toothbrush in cold water only. Heat will distort the trays molding. Place the tray in its case until the next use.
6. In a few days, you will notice your teeth will be whiter. However, do not stop the treatment. At this stage, only the enamel (outer layer) of your teeth has changed. A two week period is necessary to allow the gel to whiten the deeper parts of the tooth so the new color will stay white.
7. In some cases, you may notice a white line half way up your teeth. This is normal. The gel has penetrated through half the tooth and is working its way up the thicker portion where it will then disappear.
8. We look forward to reviewing your progress at your next appointment. We are very excited to see your newly enhanced smile!

Most people complete the entire course of the home whitening system with no problems, but it is possible to experience some side effects:

1. **Increased Tooth Temperature Sensitivity** – this is generally a temporary reaction and will subside in a couple of days on its own. If it becomes uncomfortable, stop whitening for 1 day and start alternating whitening days. As a result, your whitening may take more than 2 weeks, however, the final result will be the same – a beautiful, white smile!
2. **Gum & Tissue Sensitivity** – this is usually a result of the whitening gel sitting on the tissue and causing irritation. Decrease the amount of gel that you are placing in the tray.

Many people have achieved a more attractive smile using the home whitening system. If you have any questions, please let us know, we would be happy to address them for you. Once again, congratulations on doing this for yourself, we are confident you will love the results!