



Directions for Home Whitening

- Before putting the whitening trays on, we recommend that you thoroughly brush and floss. Then place a BB size of whitening agent in the front of each tooth compartment and place the whitening trays over your teeth. Press on the trays to dispense the product over the teeth.
- Be careful not to use too much. If too much is dispensed, you may have minor gum irritation that will subside in a few days. If the whitening agent goes over the edge of the tray, wipe off with a tissue or a q-tip.
- For best results wear the trays for 1-2 hour per day for a 2-week minimum. Results are gradual within that time frame.
- After whitening, rinse the trays with cold water. Use a toothbrush to remove any residual gel. Store them in a cool and dry place.
- Rinse and brush your teeth to remove excess gel.
- If you desire to whiten your teeth beyond the results you get with the initial kit, you can purchase refill kits here at our office. We recommend touch-up treatments with refill kits once every year or so, depending on your desired whiteness.
- Teeth may become sensitive, this is normal. Here are some suggestions to help decrease sensitivity:
 - Use sensitive toothpaste during treatment (over the counter products such as Sensodyne or Crest Sensitive). Put the toothpaste inside the trays and wear them for 10 minutes a few times a day.
 - Take Tylenol or Advil as needed.
 - If sensitivity persists, you may discontinue treatment and start whitening again once the sensitivity goes away.
- All enamel is different and results are not guaranteed. Any restorations such as crowns, fillings, and veneers will not whiten. The area of the tooth closest to the gum may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth. Depending how dark the teeth were to begin with, will change the outcome with the whitening. You may need to continue for more than 2 weeks. Yellowish teeth are easier to whiten vs. grayish teeth.
- Do not use while pregnant or lactating.
- Refrain from consuming any products that will stain a white shirt such as ketchup, mustard, tobacco, red wine, coffee, and tea.

Please call or email with any questions or concerns 651-646-2392 or hagermandentalcare@gmail.com