



**Carrie K. York, DDS**

Family and Cosmetic Dentistry

2955 80<sup>th</sup> Ave SE, Suite 102

Mercer Island, WA 98040

Phone: 206-232-2505

Fax: 206-232-8307

Email: [frontdesk@carrieyorkdds.com](mailto:frontdesk@carrieyorkdds.com)

## Whitening Instructions

Whitening your teeth at home can brighten your smile tremendously! For optimal results, use the whitening system for at least one hour, once each day. Before whitening, rinse your mouth with water; brushing your teeth is not necessary. Put a very small drop from the tube of whitening gel onto the front side of each tooth in your custom trays, using approximately one-quarter tube of whitening gel for each tray. Then carefully place the trays onto your teeth and remove any excess gel that might flow onto your gums. You may continue normal activities with the whitening trays in your mouth, but do not eat or drink. Try not to bite down or chew on the trays, as this "pumps" the whitening gel out. When you have completed the whitening session remove the trays and rinse your mouth and the trays with water.

Teeth naturally darken over time and whitening can return them to a lighter shade. You may even achieve a shade lighter than nature provided. Teeth whiten at different rates and occasionally someone has teeth that do not lighten at all. Most people achieve their desired result within two to four weeks. Individuals who desire a very light shade or who wish to remove particularly difficult staining can continue the whitening process for an additional week. Upon completion of the whitening process, your teeth may begin to get less bright. Consider whitening your teeth annually in order to maintain your whiter smile. We have whitening gel at our office; just let us know if you need more. You can use the same trays, so keep them safe!

Whitening will not make unevenly colored teeth more evenly colored but may make an improvement in the overall shade of your teeth. Whitening can dramatically change the shade of your teeth, so any tooth-colored fillings, bonding or porcelain crowns may not blend as well after the process. We request that you do not whiten your teeth for two weeks before procedures such as bonding, crowns and fillings. Doing so may result in an inappropriate color match. Additionally, fillings do not bond as well on very recently whitened teeth.

Occasionally, whitening may cause tooth or gum sensitivity. Toothpaste for sensitive teeth may reduce irritation. If the sensitivity seems extremely intense or far too great, discontinue the whitening treatment and notify us. We may need to modify the technique in order for you to continue to whiten comfortably.