



LANDS END DENTAL

AT HOME WHITENING INSTRUCTIONS

Your at home whitening kit will consist of the following: bleaching trays, syringes of bleaching gel, storage case for trays, and the easy to follow instructions listed below. Any additional bleaching gel needed beyond that point can be purchased at our office.

It is important that you apply the tooth whitening gel properly so you do not waste any of the gel and so that you experience the least amount of sensitivity while using it.

PRIOR TO TREATMENT:

Brush and floss your teeth just prior to bleaching. The whitening gel is most effective on clean teeth. Try the trays in first without any bleach to check their fit and comfort. The trays should not extend onto the gums. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.

APPLYING THE BLEACHING GEL:

When you apply the gel, make sure to use it sparingly and NOT fill the trays. Place a small dot of tooth whitening gel half way up on the inside front surface of each tooth area in the tray. The gel will disperse evenly over the front of the tooth once it is placed in your mouth. Recap the syringe for the next treatment. The average treatment per arch requires approximately ½ tube of whitening gel.

INSERTING THE BLEACHING TRAYS:

Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe any excess gel away that seeps out of the tray onto your gums. Wear the trays with the gel as directed below.

WEARING TIME:

We recommend wearing the trays for 30 minutes. You may increase the wearing time if there is little or no tooth sensitivity or reduce it if there is.

AFTER WHITENING:

Remove the tray and brush any remaining gel away with a wet toothbrush. Rinse thoroughly. Tooth sensitivity is normal, and should resolve within 24 hours. Using a sensitivity reducing toothpaste like Sensodyne for a couple of weeks before and during treatment may lessen this sensitivity.

CARING FOR YOUR TRAYS AND GEL

Clean your whitening trays with a toothbrush and mild soap or Q-tip and cool water. Store trays in the case provided. Store the whitening gel in a cool, dry place away from heat and direct sunlight. The gel may also be refrigerated to prolong the shelf life. Shelf life is 3 months un-refrigerated and 1 ½ years stored in the refrigerator.

SENSITIVITY:

Your teeth or gums will most likely become slightly sensitive. This is common while using all products containing peroxide-based gels and it is not harmful to your teeth, gums or dental work. In case of increased sensitivity, reduce usage time and/or frequency until the sensitivity subsides.

WARNINGS:

Keep bleach gel out of the reach of children. DO NOT use if pregnant or while nursing. Do NOT smoke, drink or eat while bleaching your teeth.

Call our office at 415-668-0680 if you have any further questions or concerns.