



ASSOCIATED DENTISTS

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Teeth Whitening Helpful Home Care Instructions

Directions:

1. Brush and floss your teeth.
2. Load whitening gel into tray. (Be conservative with the amount, you will need less than you think.)
3. Place tray over your teeth.
4. Gently wipe off excess gel with your finger. There should be very little excess.
5. Keep the tray in your mouth for 1 hour. You will get very little additional benefit keeping it in longer.
6. Repeat each day until the desired amount of whitening has occurred. This will usually take about 2 weeks.

Things to remember:

- Everyone's teeth whiten differently in terms of speed and degree.
- Ideally, whitening should be completed 1-2 weeks prior to dental work (tooth colored fillings, crowns, veneers, etc.) Natural teeth will whiten, dental work will not.
- You may have some minor sensitivity. We can prescribe fluoride toothpaste to use to help relieve this temporary sensitivity.

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