



## USING YOUR WHITENING TRAYS

### Using Your Whitening Trays

Here are some instructions for your whitening treatment:

- Brush and Floss, make sure your teeth are clean prior to treatment. Most patients are able to do this treatment in their sleep.
- Try the trays in your mouth; the trays will only fit on the appropriate arches. The edges of the trays should come to the gum line of each tooth. Remove trays to apply the whitening solution.
- The solutions tubes have dosage markings on them. Each marking represents the amount of material you need for one arch. Therefore you will require 2 doses per night (one for the top and one for the bottom).
- To apply the solution into the tray, twist off the cap of the tube and twist on the mixing tip provided. Apply one drop of solution per tooth, at the deepest part of the tray towards the front of the tray. When you seat the tray, the material should ooze over the fronts of your teeth. If you have any excess material on the gums, please wipe this off. The solution is not harmful for the teeth but may irritate the soft tissues.
- When you get up in the morning, rinse and brush everything out of your mouth, and out of the trays. It is recommended that the trays are cleaned immediately as the solution may dry up, making it more difficult to clean.
- There may be some sensitivity. If this is the case, you may decide to whiten every other night.
- If you have any pets, please keep the trays out of their reach. They seem to like the trays as chew toys.
- We strongly recommend that you stay away from anything that is staining while you are whitening. This would include coffee, tea, red wine, colas, and smoking.
- As you are whitening, you may notice some 'white spots' appearing. Please do not be alarmed as these will blend in. Please give one week after your last night's treatment for your teeth to 'settle down'. This will be your normal shade. We have taken an initial shade of your teeth, if you would like to see the difference when you have completed the whitening treatment, please call us and we will schedule you in to see us.
- If you have any questions or concerns regarding the treatment, please feel free to contact the office at 403-263-4030.

**Call today for a free smile evaluation!**

**TERRA DENTAL CARE**

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