

INFORMATION FOR TEETH WHITENING

- You can whiten every day or every other day. We recommend every other day due to the sensitivity whitening products may cause. For individuals that become sensitive, sensitivity toothpaste can be used. (Colgate sensitive or Sensydone)
- Brush teeth before whitening. Disperse a small line into the tray and place trays in . You want a little to seep out of the tray to make sure your teeth are covered. (The first time you may use too much or too little. This will not make a big difference the first time, you can adjust accordingly)
- You can whiten at night or 2-3 hours during the day.
- Do not eat or drink with trays in.
- When you remove your trays, brush your teeth and brush out the trays using cold water.
- You may stop whitening when pleased with the shade.
- Touch ups may be done as often as needed. (Red wine, tea and coffee may cause staining faster and require more frequent touch ups.

First Impressions Dental

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