



Cornerstone Dental Group

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Whitening Instructions

Congratulations on your decision to enhance your smile with professional tooth whitening. To achieve maximum results, please follow the instructions carefully. If you are in doubt, please don't hesitate to contact the office. When you have completed your whitening, schedule an appointment to evaluate your results. Remember to store the trays in a safe place as they can be used in the future when you elect to touch up.

Preparing to Whiten

- Before each whitening session, brush and floss your teeth to prepare the surfaces for contact with the whitening gel.

Loading Your Trays

- Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.
- Lightly coat the front surface of each tooth impression you want to lighten. Remember, if a lot of gel squeezes out on placement, you have used too much.
- Store whitening gel out of contact with light in a dark location.

Wearing Your Trays

- Insert trays. If gel flows out, wipe the excess away with a finger or dry toothbrush.

Wear Schedule

- Wear the gel-fitted custom trays for 30-60 min per session, depending on the concentration of the whitening product and sensitivity.
- You may whiten a maximum of 3 sessions per day.
- Treatment requires a minimum of 14 sessions, and long-term stability is enhanced with additional sessions. We recommend 18-24 sessions.
- Depending on sensitivity, you may elect to take a day off or vary the number of treatments per day.
- We usually suggest starting with shorter sessions and working up in both time and the number of sessions per day as the treatment progresses.

Removal of the Trays

- Remove whitening trays and rinse your mouth with warm water to remove the gel.
- Wait two hours after whitening before eating, drinking or smoking, as teeth are most susceptible to re-staining immediately after tray removal.
- Store your wet trays in the box provided.

Frequently asked questions:

Will whitening hurt my teeth?

No, whitening gels have no adverse effect on your teeth. Both clinical and laboratory research find that properly formulated whitening gels are not harmful with proper use.

Will whitening hurt my gums?

An overfilled tray or excessive tray wear can irritate your gums. There is no adverse effect on your gums with proper use. If you experience discomfort, discontinue the whitening gel and contact our office.

Are there any side effects from whitening my teeth?

Most patients experience some degree of tooth sensitivity to cold during the treatment. These symptoms are temporary and tend to diminish during treatment. Most patients find their teeth are no more sensitive than they were before whitening within a week after treatment is complete.

How long will the treatment take?

Most people complete the 18 – 24 sessions in 2-3 weeks.

How long does it last?

Your unique combination of habits, foods and tooth structure will influence long-term results. Non-smokers who drink no coffee or tea usually have little change in five years. Most patients need 2-3 touch-up sessions every 2-3 years to maintain the post-whitening result. Our program will help you maintain a bright smile as long as you want. Just ask us at subsequent appointments to check the shade of your teeth. If it has changed from your post-whitening shade, we will let you know if you would benefit from a touch-up.

If I have had restorative work done on my teeth, will these materials become whiter or be harmed by the procedure?

No. Whitening will only whiten your natural teeth; restorations will remain the same shade. You may elect to replace these after whitening if esthetics is a concern. Whitening does not weaken restorative materials.

Thank you, and if there are any questions or concerns, please don't hesitate to contact the office.