

At-Home Teeth Whitening Instructions

For more detailed information, please visit our website: drthai.ee/patsiendile/

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| 1. Prepare your teeth | Floss or clean between your teeth and brush them thoroughly. For best results, whitening gel should be used on clean teeth. Wait at least 30 minutes after brushing before starting the treatment. |
| 2. Apply the whitening gel | Make sure your trays are clean and completely dry. Place one small drop of gel into the front of each tooth compartment you want to whiten. Do not spread the gel around the tray or fill the entire tray. If you are whitening only your front teeth, apply gel only to those teeth. |
| 3. Insert the trays | Place the trays over your teeth and gently press them into place. Make sure they fit snugly. Small bubbles may appear during treatment—this is normal and part of the whitening process. |
| 4. Remove excess gel | Wipe away any gel that comes into contact with your gums or lips using your finger, a cotton swab, tissue, or a dry toothbrush. Too much gel will not improve the whitening result and may irritate your gums. If your gums temporarily turn white or feel sore, this is usually harmless and should disappear within a few days. |
| 5. Wear the trays | Keep the trays in place for the amount of time recommended by your dentist or dental hygienist. During treatment, do not eat, drink (except water), or smoke. |
| 6. After whitening | Remove the trays and rinse your mouth thoroughly with water. Brush your teeth to remove any remaining gel and continue your normal oral hygiene routine. |
| 7. Clean the trays | Rinse the trays with cool water. Do not use hot water, as it may damage or distort the trays. If needed, use a soft toothbrush or cotton swab to remove any remaining gel. |
| 8. Store your whitening kit | Dry the trays thoroughly and store them in their storage case in a cool, dry place away from heat and direct sunlight. Store the whitening gel in the refrigerator. Do not freeze the gel. |

Treatment Duration

Repeat the whitening treatment for **10-14 days**, or as instructed by your dentist or dental hygienist.

Congratulations on starting your teeth whitening treatment!

Dr. Van Thai Nguyen