

# Ravi Doctor DDS



## Post Op Instructions for Home Tooth Whitening

Thoroughly brush your teeth to remove all existing plaque.

After removing the cap from the whitening gel syringe tip, gently express one dot of gel into the tray where it will sit over the front of the tooth, doing this for all of the teeth.

Place the tray snugly over your teeth, gently pressing the tray to move the gel into place. Gently remove excess gel that may flow beyond the tray's edge, using a washcloth or paper towel that is slightly damp, but not dripping.

Wear the tray as directed by Dr. Doctor. This may vary from one concentration to another.

Suggested wear time is \_\_\_\_\_

After the prescribed time, remove the tray. Using a toothbrush and only water, clean the gel from the tray. The tray should be removed before eating and/or drinking liquids. DO NOT smoke tobacco products while tray is in the mouth.

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### Please:

1. Do not use bleaching trays while pregnant or lactating
2. Do not eat while wearing your custom trays.
3. Do not use tobacco products while wearing trays.
4. Do not expose the bleaching gel syringes to extreme heat and/or sunlight.
5. Do not freeze the bleaching gel syringes.

### Please remember:

1. Teeth are naturally darker along the gumline. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
2. A small percentage of patients experience sensitivity while whitening teeth. Should this occur, please contact the office. It may be recommended that you use your whitening trays at alternating days or shorter time periods.
3. Foods and juices high in citrus acid can cause sensitivity to teeth.
4. Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days, or progressively worsen, call us. These side effects, if they occur, usually subside within 1-3 days after treatment is discontinued.
5. Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened within a few nights with the use of the whitening gel.
6. Regular dental checkups and professional teeth cleanings are important before and after bleaching to maintain a healthy smile.
7. If you have any questions pertaining to this treatment, please call the office. We are here to help.
8. Some old amalgam (silver) fillings may leave a dark purple color in your bleaching tray, this is normal.

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Southlake Office: 261 East Southlake Blvd., #100 Southlake, TX 76092 817-328-2400

Arlington Office: 1810-A South Bowen Rd. Arlington, TX 76013 817-274-8667

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## Whitening Post Op Instructions

To maximize your whitening results for a long, lasting, bright, and healthy smile please follow these simple rules.

**For the next 48 hours: Dark staining substances should be avoided, such as:**

- ❖ Coffee and/or tea
- ❖ Cola
- ❖ Tobacco products
- ❖ Mustard or Ketchup
- ❖ Red wine
- ❖ Soy sauce
- ❖ Berry pies
- ❖ Red Sauces

**Additional ways to maintain your sparkling smile:**

- ❖ Avoid staining related habits
- ❖ Use an automated toothbrush
- ❖ Seek regular professional dental hygiene care to maintain oral health, keep staining to minimum and determine the need for whitening touch-ups
- ❖ Practice good oral hygiene, including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning. Your dental professional will assist you in selecting the products to maintain not only a white smile, but a healthy one as well.

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