



AT-HOME TOOTH WHITENING INSTRUCTIONS

Congratulations for moving onto the next step in your smile journey!

Approximately 2 weeks before you start whitening your teeth, Dr. Singh & Dr. Romero recommend switching to a toothpaste that targets tooth sensitivity (i.e. Sensodyne brand). Continue using throughout your whitening journey as needed to limit tooth sensitivity.

In your whitening kit from Sing Orthodontics, you have received upper and lower custom whitening trays, a storage case for your trays, and 4 syringes of Opalescence whitening gel with 10% carbamide peroxide. If you would like to continue whitening after using your initial 4 syringes, we have 10%, 20%, and 35% gel available for \$50/4 syringes. Please ask anyone at Sing for assistance!

*****Your custom whitening trays and retainers are NOT the same and should NOT be used interchangeably!
Please continue wearing your retainers as instructed by Sing Orthodontics*****

Using Your Trays:

- Make sure you have flossed and brushed prior to a whitening session!
- Check that your whitening trays are fully dry!
- Place the tip of a gel syringe at the end of your tray on the cheek side (5mm away from the edge!)
- Dispense a consistent line of gel while rotating your tray so that each tooth has gel applied.
- Repeat for your second tray.
- Use a paper towel or gauze to dry your teeth.
- Seat your trays and use a cotton swab or wet tooth brush to remove any gel on your gum
- Wear for the amount of time you are comfortable and able!

Aftercare:

- Remove your trays and brush your teeth with toothpaste.
- Use a separate tooth brush with antibacterial soap and cold water to clean your trays (like you do with your retainers!)
- Store your trays in their case until next use.

Recommendations:

- Your initial whitening session should not exceed 4 hours.
- Adjust the length of your whitening sessions based on your level of comfort/sensitivity.
- Whitening sessions should not exceed 8 hours.
- Store your gel syringes in the refrigerator to maintain its viscous consistency.
- Do not expose trays to temperatures over 100°F.

*****If you do not wear your retainers and your teeth shift, the fit of your whitening trays may be altered.
Whitening trays are \$300 to replace*****