

Teeth Whitening Instructions

Professional and dentist-supervised whitening uses peroxide-based products to lighten natural tooth structure. Whitening does not change the color of crowns, veneers, or fillings.

FOLLOW YOUR PLAN	SENSITIVITY CAN OCCUR	NATURAL TEETH ONLY
Use the product for the time and frequency prescribed.	Temporary tooth sensitivity is a common side effect.	Crowns, veneers, and fillings do not bleach.

Using Whitening Trays or Products

- Use only the amount and schedule recommended. More gel or longer wear does not necessarily mean better results.
- Brush and floss before whitening when instructed, and seat the tray as demonstrated.
- Do not use hot water to clean custom trays because heat can distort them.

Sensitivity & Gum Irritation

- Temporary tooth sensitivity can occur. If it becomes uncomfortable, pause treatment and contact us for guidance before restarting.
- If whitening material repeatedly irritates your gums, stop using it and let us check the tray fit or technique.

Maintaining Your Result

- Brush twice daily and clean between your teeth every day.
- Coffee, tea, red wine, tobacco, and other strongly staining products can affect the long-term shade.
- Keep regular cleanings and dental examinations.

Avoid DIY whitening hacks. Acidic or highly abrasive home remedies can damage enamel. Dentist-guided whitening is the safest way to select a method for your teeth and restorations.

Questions or concerns?
Call Dignity Dental Practice at (209) 957-1244.



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