

# *Night Time Whitening Instructions for Opalescence Tooth Whitener*

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All the instruction here are important, but here is a summary you can refer back to:

## *Quick Hits Summary:*

- Brush your teeth with Rembrandt Plus toothpaste and floss before whitening.
- Put the appropriate amount of gel in the trays in the area of the tray that would sit on the front of your teeth.
- Dry your teeth off (with a gauze, paper towel, or for maximum a hair dryer pointed at your teeth for like 30-40 seconds) and load the trays with whitening gel and place them into your mouth. Diligently wipe off any excess gel on your gums with a moist Q-tip. Go to Bed.
- In the morning, remove the trays, rinse the trays with COLD water. Brush your teeth with a luke-warm water.

*\* Everyone's teeth whiten at a different rate. Some people's teeth absorb the whitening gel very well, others are more whitening resistant... we will check your teeth in about 2 ½ to 3 weeks to see how you are progressing and at that time can make any necessary changes to get you the best results possible.*

## *Detailed Directions*

You have been given special trays fabricated on the impressions we took of your teeth. You have also been given 6 tubes of Opalescence Tooth Whitener. Each of these 6 tubes of whitener provides enough material for about 3-4 nights of whitening for one arch of your mouth (upper or lower). After brushing (preferably with Rembrandt Plus) and flossing, dry your teeth thoroughly and express the syringe of whitener into the front side of the tray (except the last molar) as recommended by us. You should use 1/4th to 1/3rd of the tube. Place the trays into your mouth. The gel is thick and the trays are flexible, so the gel will cause the outer rim of the tray to be pushed away from the gum line. After you put the tray in your mouth you'll need to push the tray back against the teeth to establish the seal of the tray at the gum line – THIS IS VERY IMPORTANT!! If you've put too much gel in the tray, you'll notice a significant amount of gel oozing out from under the edge of the tray. Take a Q-Tip and remove the excess, and next time use a little less gel. If you've put in too little gel, you will see through the clear tray some large open voids (little bubbles are OK) in the reservoirs not entirely filled with gel. If you see this, do NOT remove the tray. There is plenty gel in the trays to start your whitening, but next time use a little more gel. If you have put the appropriate amount of gel in the trays, when you push the trays back against you teeth, you should see just a little gel 'peek' out from under the edge of the tray. In the morning, after removing the trays, rinse your mouth with luke-warm water. Cold or hot water may be slightly uncomfortable to the rinse with at that time. Then brush your teeth.

## *What to expect*

You may expect some slight gum sensitivity from wearing the trays, and your teeth may feel very slightly sensitive. If you should feel more than slight sensitivity of the teeth or gums, please give us a call (816-252-3545). You may notice that your teeth start to look 'funny'. They may develop white spots. The area of the teeth near the gum line may look dark (this is just

because the rest of the tooth will have become so light by comparison). Or the color may look too opaque (chalky). This will all even-out. You may find that your lower teeth do not lighten as quickly as the upper teeth. This is because the lower teeth are smaller, and the reservoirs of the tray will be smaller. If there is a noticeable difference between the upper and lower teeth when whitening is completed, we may recommend wearing the whitening trays for another week on the lower teeth.

### *Other Bits of Information*

You should wear the whitening trays while you sleep, at least one night every two months for protection against darkening. Wearing the trays one night every 2 months will keep your teeth a very stable color indefinitely, however if you want to keep them at an even brighter white indefinitely, you may wear the trays one night per month. Whitening gel for maintenance is available at our office. In addition to whitening, oxygen also deep-cleans the teeth, removing microscopic debris from between the crystals of tooth structure. During and for a week or two after whitening, these ‘pores’ are cleansed and open. During the two weeks of at-home whitening, stay away from staining foods and drinks. We don’t want stain to fill in these microscopic pores during whitening. That would only reduce the success of whitening. Any food or beverage which would permanently stain a white shirt or blouse could also stain your teeth. If possible, when drinking a staining beverage, it may help to keep the beverage off the outer surface of the teeth by carefully drinking through a straw. Smoking should also be held to the very minimum during the whitening process. These precautions should be followed during the whitening process and for at least a week after the completion of whitening. Teeth with Silver fillings may leave a purple residue in the tray after you take it out. This is okay. If possible do NOT skip nights when whitening. We find that this slows down the whitening process. Store your whitening trays safely. Keep them away from heat – heat will distort them. Don’t leave them in the hot car. Don’t put or wash them in warm or hot water. And keep them away from your dog. Dogs seem to think that whitening trays are chew-toys. Most importantly, place the trays carefully in the storage case that we give you. Or you can use a tupperware container at home. Store them LOOSELY so that they are not bent or crushed as this will damage them and you will not be able to re-use them.

*PROTECT AND KEEP YOUR TRAYS AS YOU WILL CONTINUE TO USE THEM IN THE FUTURE.*