At Home Bleaching

Follow the instructions in the bleaching kit very carefully.

You must floss and brush your teeth before using the bleaching kit.

Your teeth are very porous immediately following the use of the trays. For three hours after you use the trays do not eat or drink anything that may stain your teeth. E.g. Coloured dye drinks, tomato sauces, coffee, tea, dark green vegetables, blueberries, red wine, etc. Once the 3 hours is up, your teeth have returned to their normal state and you can return to your regular foods.

While using the bleaching kit some people may experience sensitivity. Call our office if this sensitivity persists. We can treat your teeth to make them less sensitive. OR Discontinue the use of the bleaching treatment for three days and the sensitivity should subside without any further treatment.

Please call our office if you have any questions or concerns. We are always happy to help you.

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