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Whitening Instructions

Before whitening, brush and floss your teeth.

Smile in the mirror, and take a note of which teeth you can see. Put a drop of whitening gel into the mold in the spaces that fit the teeth you can see when smiling. Push the tray onto your teeth until it fits firmly. The gel should cover your teeth, but not push out of the tray. If there is excess gel, wipe it away and be sure to use less next time. Temporary whitening of your gums may occur due to excess gel.

NiteWhite: Wear all night as you sleep. You can also wear the trays for about two hours once a day if you'd rather not sleep with them.

DayWhite: Wear for one hour two times a day; once in the morning and once in the evening. Be sure to use new gel every time you whiten.

When you take the trays out, rinse them in warm water. (Be careful; hot water may distort the trays.) Use the trays for two to three weeks for best results. This time may be longer or shorter depending on the original color of your teeth. Contact the office for more whitening gel if it is needed.

Your teeth may be more sensitive during this time. If your teeth become too sensitive, you may need to wear the trays for shorter lengths of time. Consider using a toothpaste for sensitive teeth when you brush throughout the weeks you're whitening your teeth. Please don't hesitate to contact the office with any questions or concerns that you may have.