

Before your Go Whitening: What you need to know

Dear Patient! Today we're going to talk about how to use Ultradent Go whitening to get a brighter, whiter smile.

Here are ten tips to help you make the most of your whitening experience:

Read the instructions carefully before starting. It's important to understand how to use the product correctly.

Brush your teeth thoroughly before applying the whitening gel.

Be gentle when applying the gel to your teeth, making sure to cover each tooth evenly.

Avoid getting the gel on your gums or other soft tissues in your mouth. Wipe away any excess with a clean tissue or cotton swab.

Wear the trays for the recommended amount of time, as stated in the instructions.

If you experience any sensitivity or discomfort, reduce the amount of time you wear the trays or take a break for a day or two.

Don't eat or drink anything that could stain your teeth, such as coffee, tea, or red wine, during the whitening process.

Rinse your mouth thoroughly with water after each whitening session to remove any residual gel.

Continue to brush and floss regularly to maintain your bright, white smile.

Enjoy your new, dazzling smile!

Remember, using Ultradent Go whitening can help you achieve a brighter, more confident smile. Follow these tips to ensure the best possible results.

Sources:

American Dental Association. (2021). Teeth whitening. Retrieved from <https://www.ada.org/en/member-center/oral-health-topics/teeth-whitening>

Ultradent Products, Inc. (2021). Ultradent GO: In-office whitening that's fast, easy, and affordable. Retrieved from <https://www.ultradent.com/products/whitening/ultradent-go>