



Whitening Instructions

1. Brush and Floss teeth prior to whitening.
2. Twist off the clear plastic cap from the syringe and replace with the mixing nozzle.
3. Place a small dot of whitening gel into the trays on the surface that will contact front surfaces of your teeth.
4. Place the trays in your mouth. Wipe off any excess gel with your finger, a wash cloth or a dry toothbrush. If there is excess gel, you have used too much, use a smaller amount next time.
5. Wear for 30 minutes (once a day)
6. When your whitening session is over, remove trays and brush your teeth. Clean trays by running under cool tap water

Whitening Precautions

1. Some sensitivity to hot or cold is normal while whitening your teeth. We recommend you use your Fluoridex toothpaste or Sensodyne toothpaste if this occurs. If the sensitivity is uncomfortable, stop whitening for 24 hours. Place Fluoridex or Sensodyne toothpaste in your trays to use as a desensitizing treatment for 30 min. If symptoms persist, please call our office.
2. Some patients experience temporary discomfort of their gums, lips, throat or tongue. Should any of these symptoms occur, discontinue whitening and contact our office.
3. Do not use household bleach to whiten teeth.
4. Pregnant women should not whiten.
5. Keep gel out of heat/sunlight. Do not freeze.
6. Foods and juices high in citric acid may increase tooth sensitivity.
7. Do not use tobacco products or eat while whitening trays are in your mouth.
8. Teeth are naturally darker at the gum line and may require more time to lighten than the rest of your tooth surface. These areas usually remain slightly darker.
9. Coffee, tobacco, red wine, and other products can re-stain your teeth over time.
10. Do not swallow gel, this product contains peroxide and may contain fluoride; swallowing large amounts can be harmful
11. Whitening will not change the color of a crown, veneer, or filling.
12. Whitening results may vary from patient to patient and sometimes from tooth to tooth. We have prescribed a concentration of gel which usually provides good results with minimal adverse effects. If the results you obtain do not provide the degree of whitening you desire, contact us and we may consider an alternative method of whitening your teeth.
13. If you have any questions regarding the appropriate use of this product, please call our office.
14. Regular dental checkups are important before and after whitening to maintain a healthy smile.