



HOME WHITENING INSTRUCTIONS

- Brush and floss teeth.
- Dispense whitening gel into trays using a pre-loaded syringe. The amount of gel should be one small drop per tooth. Do not overfill tray. One syringe should be enough for at least 3 treatments for upper and lower.
- Insert trays and wipe off any excess gel with finger.
- It is preferable to wear the trays overnight. However, wear the trays for at least 2 hours. Remove trays, rinse mouth with warm water and brush remaining gel out of tray with warm water (not hot).
- It is not unusual to experience slight tooth or gum sensitivity. Any sensitivity should be discussed at your follow-up appointment.
- Length of whitening time will vary from patient to patient. This procedure is self-paced and will depend upon your schedule and frequency of whitening.
- For best results, it is recommended that you do not smoke, drink coffee, tea, red wine, coke, etc. for 3 hours after removal of trays.
- Teeth may appear chalky or frosty white immediately following removal of whitening trays. This condition is temporary.
- Final color stabilization will not occur for 3 to 4 weeks after whitening is completed.

Whitening trays and nine syringes of whitening gel are provided at your first visit. A touch up kit of three syringes will be dispensed if needed. Additional syringes are available for purchase.

Please do not hesitate to call if you have any questions.