



### Whitening Instructions

- ❖ Brush teeth prior to whitening to ensure that they are plaque free
- ❖ Twist off cap. This piece can be used as a cap when you're done.
- ❖ Fill each tooth space of tray with a teardrop size of whitening gel
- ❖ Re-cap the syringe
- ❖ Insert the tray in mouth and wipe off any excess whitening agent that may spill out with a wet toothbrush or damp cloth. This may also mean you have overfilled the tray.
- ❖ After one hour (or 30 minutes if using a 35% or 38% bleach), remove the tray and brush teeth with no toothpaste to remove all excess bleach, clean outside and inside of tray as well.
- ❖ Your teeth will be very dehydrated at first, so do not eat or drink anything with color for about 8-10 hours (i.e. coffee, red wine, tea, marinara sauce) as it may result in staining the teeth.
- ❖ For the first week of whitening, keep your tray in for one hour every day. If using a high bleach concentration, i.e. 35% or 38%, only leave on for a maximum of 30 minutes per day. For the second week, use it every other day or until you feel that your teeth have lightened to your desired shade. Excessive whitening may cause sensitivity. If sensitivity occurs, suspend whitening for about a week. You may also purchase high fluoride toothpaste at our office that will help desensitize the teeth and allow you to continue whitening.