

Teeth Whitening Instructions

Congratulations! You are now on your way to a whiter, brighter smile. Simply follow these instructions and whitening your teeth should be an easy and pleasant experience.

- 1) Remove trays from models. Trays should be clean and dry.
- 2) Apply bleaching gel onto the front inner surface of your trays, as demonstrated by the dentist/dental assistant. Do not over apply gel.
- 3) Place trays in mouth; lightly press into place. Use finger or soft toothbrush to remove excess gel.
- 4) Wear trays 45-60 minutes each day, or twice a day, or as instructed by the dentist/dental assistant.
- 5) Once completed, remove trays; gently brush teeth using mild temperature water, and rinse trays with cool water; dry thoroughly. Place trays back on models once they are dry.

Please note:

-If you experience any severe discomfort or other unusual problems, please contact us immediately.

-Sensitivity after whitening is common and normal, and should subside within a few days.

-Avoid drinking coffee, tea, red wine, dark sodas, etc., during the whitening process, as these beverages can re-stain your teeth.

-Avoid foods high in citric acid, such as oranges, limes, lemons, etc., as these foods can increase sensitivity.

-Be aware that tooth-colored fillings and crowns will **NOT** whiten.

-When trays are not being used in your mouth, always keep them on your models to minimize deformation. Make sure they are clean and dry before you place them on the models.

-Keep trays and bleaching syringes away from direct sunlight and heat, but do not freeze.

-By keeping trays in good shape, they will serve you for a long time, and can be used for future touch-up by buying extra gel, this way saving you money.