



TOOTH WHITENING INSTRUCTIONS

Thoroughly brush your teeth using a toothpaste containing Fluoride.

After removing the cap from the Whitening Gel Syringe tip, express the contents sparingly and evenly into the tray.

You will only use approximately a quarter of the tube.

Seat the tray over the teeth and gently remove excess gel that may flow beyond the tray's edge.

You may wear tray over night or during the day

If using 16% wear in trays for 2 hrs at a time – this can be increased to overnight if your gums are not too uncomfortable

If using 10% CP, this is best worn overnight – although 2 hours will give 80% of the full effect of that does.

After the prescribed time, remove the tray.

Clean the gel from the tray with a toothbrush and cold water.

The tray should be removed before eating and/or drinking liquid.

1. Teeth are naturally darker along the gumline. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
2. A small percentage of patients experience sensitivity with bleaching. Should this occur, contact your dentist.
4. Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days or progressively worsen, call the dental practice. These side effects will usually subside within 1-3 days after treatment is discontinued.
5. Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened within a few nights with Whitening Gel.



6. Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
7. If you have any questions pertaining to this treatment, please ask your dentist.
8. Some old amalgam or “silver” fillings may leave a dark purple color in your bleaching tray; this is normal.
9. Store bleach out of the sun and heat.
10. Discard any unused bleaching gel after treatment is completed.

Please Do Not

1. Do not eat while wearing your custom trays.
2. Do not use tobacco products while wearing your trays. DO NOT smoke while tray is in mouth.
3. Do not expose the syringes to heat and/or sunlight.
4. Do not freeze the Whitening Gel syringes.

Please call the office if you have any questions.

COLGATE 1 HR PER DAY – USE THIS VERY SPARINGLY ON THE TOOTH ONLY AS IT CAUSES SORE GUMS

HOME WHITENING 16% - 2 HOURS or OVER NIGHT

HOME WHITENING 10% - OVERNIGHT or 2 HOURS