



Home Whitening Instructions

- Brush and floss teeth.
- Dispense whitening gel into trays using pre-loaded syringes. 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 excess gel with finger.
- Wear trays for at least 30 minutes but no longer than one hour (you will not increase whitening by leaving in for additional time). Remove trays, rinse mouth with warm water and brush remaining gel out of tray with warm water (not hot). You may whiten 1 to 2 times per day.
- It is not unusual to experience 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. Try to whiten at least 30 minutes per day.
- 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 as needed. Additional syringes are available for purchase.

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