



Whitening Instructions

1. Brush and floss your teeth.
2. Place a sesame seed size of whitening gel in each tooth compartment of the trays.
3. Place one tray over teeth and gently press in place to seat tray and adhere solution to teeth. If gel oozes out of tray, wipe off excess (use less solution next time). Repeat with second tray.
4. Wear trays overnight or for 4-6 hours per day. Trays can be work for 1-2 hours once or twice per day.
5. Do not eat, drink or smoke while wearing the trays.
6. After prescribed period remove trays and gently rinse and brush residue from the teeth and gums using warm water. Clean any residue from the trays with warm water (hot water will distort trays). Pat dry. Store dry trays in a dry container until next use.
7. Most people will do 10-14 bleaching sessions. Stop treatment earlier if you are happy with the shade. Cold sensitivity may be reduced with Potassium Nitrate tooth paste (Sensodyne Repair and Protect).
8. Stop treatment if you have tooth sensitivity or gum irritation and contact us if it continues longer than 2-3 days.

Store solution not in use in the refrigerator (do not freeze).

Touch up treatments can be done as often as individually desired. Repeat the procedure above 1-3 sessions until desired whitening shade is achieved.

No whitening 2 weeks prior to any filling or restorative appointments.

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HOURS

Monday: 8am - 5pm
Tuesday: 8am - 7pm
Wednesday: 8am - 5pm
Thursday: 8am - 5pm
Friday: 8am - 1pm