

## Home Tooth Whitening Instructions

1. Brush teeth and express a small amount of whitening gel into the tray in the area you would like to whiten.
2. Seat the tray comfortably over your teeth. Using a soft toothbrush or clean finger, gently remove excess gel that might flow beyond tray's edge. Rinse mouth.
3. Wear the tray for 30 minutes to 2 hours per day. Do not smoke or eat while wearing tray.
4. Remove tray and brush and rinse teeth normally. Brush your tray and store in case provided.
5. It may take 2 weeks to a month to see whitening results. For tetracycline stained teeth or severely stained teeth it may take longer.

Please remember:

1. Teeth are naturally darker at the gumline and may require more time to lighten than the rest of the tooth and may remain slightly darker.
2. A small percentage of patients experience sensitivity with tooth whitening. Please contact your dentist if this occurs. It may be recommended to whiten every 2nd or 3rd day/night to give your teeth a break. Also, you may need fluoride gel to treat the sensitive areas.
3. Some patients have noticed temporary discomfort of the lips, tongue, or throat. If this persists for more than two days, contact your dentist. These side effects usually subside within 2-3 days after treatment is discontinued.
4. Regular dental checkups are important to maintain a healthy smile. Coffee, tea, and smoking can re-stain your teeth and your teeth may require re-whitening for a few days to keep them bright.
5. Store unused gel at room temperature or in the refrigerator but do not freeze. Make sure gel is room temperature before using to prevent sensitivity.

If you have any questions, please let us know. Good luck with your tooth whitening.

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