

Take Home Whitening Instructions

1. Brush and floss teeth.
2. Place a tiny amount of whitening solution into trays. Concentrating on the front teeth.
3. Place trays over teeth and gently push into place.
4. Wipe any excess material off gums with a cotton ball or tissue. Do not rinse excess material out with water.
5. Leave trays in for at least two hours. The time of day or night that you do this is entirely up to you. It will not hurt to sleep in the whitening trays.
6. Upon removal of trays, brush and floss teeth to remove any left over whitening gel.
7. Rinse trays with warm water and store in a dry place. It is okay to brush the inside of the trays out with your toothbrush to clean the gel out.

Whitening Do's and Don'ts

1. To keep sensitivity to a minimum DON'T use Tartar control toothpaste or eat a lot of citrus fruits while whitening teeth.
2. Do make sure teeth are clean before each use.
3. It is very important that you do not eat or drink anything while the trays are in. The gel will rinse out of the trays if you do, and you will not get the results you desire from this treatment.

Whitening your teeth is a commitment. For best results please follow the instructions above. Expect some sensitivity with this treatment. The sensitivity will subside almost immediately after the whitening is completed. To see the difference we suggest that you start with the upper teeth first and after 1 week begin the lowers. The difference will amaze you.

Don't hesitate to contact us with any questions you may have. We are always happy to help.

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