

Take Home Bleaching Instructions

Congratulations on your soon-to-be whiter and brighter smile! For safe use, and to get the most out of your bleaching, please follow these instructions carefully.

1. Brush and floss your teeth. Whitening is more effective against a clean tooth surface.
2. Ensure the tray is clean and dry.
3. Load a 'half grain of rice' sized amount of whitening gel into the front surface of each tooth you wish to whiten. You need very little gel in order to smear over the front of your tooth once inserted – anything more is a waste of product.

Typically, the front 10 teeth on the top tray and the front 8 teeth on the bottom tray should be whitened for optimal results. No more than 1/3 of the bleaching syringe needs to be used per use.

4. Insert the tray onto your teeth. Push the front surface of the tray against your teeth to spread out the gel. Wipe any excess gel that has squeezed beyond the brim of the tray - use a Q Tip or Tissue.
5. Wear the tray for the recommended duration
22% Carbamide Peroxide - 1 hour 16% Carbamide Peroxide - 2-3 hours
6. After the time is up, remove the trays, rinse your mouth, and gently brush your teeth with lukewarm water. Rinse the trays under cool water and remove all the residual gel.
7. Store trays and bleach in a safe place away from sunlight, kids, and pets!

You'll have your trays for life if you take care of them. Purchase of additional whitening gel may be required for prolonged / additional whitening cycles.

Protocol:

One session per day for 4-7 sequential days depending on your desired result.

- You may re-whiten your teeth every 3-12 months depending on staining relapse.
- During the days you are whitening, stay away from coffee, tea, red wine, and cigarettes.
- Do not drink, eat, or smoke while trays are in.
- If you have sensitive teeth, bleach your teeth every second day for no more than 4 treatments

Sensitivity:

A common side effect to whitening your teeth is sensitivity, this can be triggered by cold drinks or even air / wind passing by your teeth. Sensitivity of mild severity is normal and will resolve 1-3 days after whitening is discontinued. If sensitivity is more severe, discontinue whitening and contact us. Use of a 'Sensitive Toothpaste' with 5% Potassium Nitrate can reduce sensitivity.

Safety: Use the recommended amount of gel - half the size of a grain of rice. Try not to ingest excess gel. Limit contact with the gums (wipe excess). If gums appear white after rinsing and brushing, discontinue use.