

Whitening Home Care Instructions

1. Place a **small** bead of fresh bleaching agent in every tooth cavity of the tray.
2. Place the tray firmly over the teeth.
3. Do not swallow the excess bleaching agent (scoop out extra). If you do, don't worry, it will not harm you.
4. Keep the tray in your mouth as long as you can tolerate it. After 3 hours the bleach loses its' effectiveness. A minimum of one hour per day recommended. (If you experience sensitivity, reduce the length of time).
5. Remove the tray at the end of the treatment period. (For the first few days you may see white lines or spots on your teeth, do not worry these are areas that are whitening first).
6. Rinse the tray at the end of each treatment with cold water.
7. Brush teeth and rinse the mouth at the end of each treatment.
8. Store the trays in the container between treatments.

For healthier teeth and better results:

- Do not smoke.
- Do not drink dark drinks (tea, coffee, coke, wine etc.)
- Do not drink citrus juices.
- Remove tray prior to eating or drinking.
- May experience mild sensitivity to hot and/or cold.
- Keep all follow up appointments.