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## **TEETH WHITENING INSTRUCTIONS**

Congratulations on your decision to enhance your smile by whitening your teeth. At home whitening under our care is a simple, efficient, cost effective solution for improving the brightness of your smile.

### **PROCEDURE**

- 1) Brush your teeth. Remove the syringe cap and place an application tip by twisting it securely onto the syringe.
- 2) Place a small drop of gel onto the front inside surface of each tooth compartment to be whitened.
- 3) Place the trays onto your teeth making sure tray is seated over all teeth.
- 4) Wipe away any excess gel expressed out of trays with a dry tissue.
- 5) After 15 minutes of treatment remove the trays and rinse trays and your mouth with lukewarm water.

### **PRECAUTIONS**

To be used under the supervision of a dentist.

To be used only once per day for only 15 minutes per application.

Do not eat, drink, or smoke during treatment.

Do not smoke for two hours after treatment.

Food and drinks containing strong colors (red wine, Ketchup, etc.) should be avoided during treatment.

Keep out of reach of children and pets.

Not to be used by pregnant or lactating women or children under 14 years old.

Patients with a history of chemical allergies are advised to carry out allergy testing by a specialist before using this product.

Discontinue use if any unusual sensitivity or reaction occur and call us.

## EXPECTATIONS

Results may be noticeable after one or two applications but can take three weeks or more of daily use depending on the intrinsic color and saturation of the teeth.

Teeth are not naturally the same color top to bottom, therefore after bleaching, your teeth will not be the same color top to bottom either. Teeth are naturally lighter at the top (biting) surface and darker at the gum line. Also teeth have natural whitish cloudy areas. These can become more visible after bleaching but typically blend back into the tooth.

Sensitivity is a common side effect from whitening. This is usually temporary and can be minimized by using sensitivity toothpaste during the process and possibly changing the application schedule to every 2<sup>nd</sup> or 3<sup>rd</sup> day.

You may notice some white areas on the gums when you remove your trays. This should disappear on its own within a few hours. Take care to remove all excess gel when placing the trays.

Fillings and crowns do not lighten. Some surface staining may lighten but don't count on any color change for these materials.

Teeth will continue to darken with age. Bleaching is like turning the hands of a clock backwards. You can go backwards but the clock keeps ticking. Therefore periodic touch ups may be needed to maintain your results.

If you have any questions, feel free to call us anytime.

**Thank you for your referrals of your friends and family members, they are the best compliments we can receive.**