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INSTRUCTIONS FOR PATIENTS UNDERGOING WHITENING AND/OR MAINTENANCE

1. The use of HOME TEETH WHITENING AGENTS is easy for Patients to perform.
2. A CUSTOM TRAY is constructed, which will hold and contain the Teeth Whitening Solution.
3. **DIRECTIONS FOR USE:**
 - 1) Floss your teeth
 - 2) Brush your teeth with a Whitening Toothpaste
 - 3) Perform any other Maintenance Procedures, as recommended.
 - 4) Apply the TEETH WHITENING SOLUTION to your trays as demonstrated.
BE SURE TO APPLY ENOUGH SOLUTION.
 - 5) Dry your teeth with a tissue and carefully place the tray onto your teeth.
 - 6) Be sure that the tray is completely seated over your teeth, never “bite” the trays into position.
 - 7) **TO REDUCE SENSITIVITY:** Remove any excess whitening solution that may have covered your gums. Application of MI Paste or Enamelon to your teeth will help.
 - 8) **FOR DAYTIME USAGE ONLY:** (30 % SOLUTION) Leave the tray on your teeth for ½ - 1 hour – maximum of 2 treatments per day.
 - 9) **FOR DAYTIME USAGE ONLY:** (22 % SOLUTION) Leave the tray on your teeth up to 2 hours – maximum of 2 treatments per day.
 - 10) **FOR OVERNIGHT USAGE ONLY:** (10 % SOLUTION) Leave the tray on your teeth for 6 – 10 hours
 - 11) Nothing to EAT OR DRINK during the Whitening Process.
 - 12) After use, Remove the trays, clean them in **COOL WATER ONLY**, dry them thoroughly and place in the supplied case
 - 13) Brush your teeth to remove any remaining Whitening Solution.
 - 14) Evaluate the Results, Most patients see a noticeable difference in 4 – 6 days of usage.
 - 15) The BEST RESULTS occur with CONTINUOUS DAILY USE – try to not skip any days during the Whitening Process.
 - 16) Often patients will Whiten their Upper teeth first (for several weeks) and thereby have a basis for comparison with their “unwhitened” lower teeth. Then, when happy with the upper light color, just whiten their lower teeth for about the same number of consecutive days.
 - 17) **FOR MAINTENANCE WHITENED TEETH:** (30% SOLUTION) Use whenever you desire -- Typically 30 minutes is all the time needed.
 - 18) Keep the solution refrigerated – the Shelf Life is approximately 3 years.

NOTE: Patients may have slight to moderate discomfort to a tooth or several teeth during the Whitening Process. This sensitivity will usually dissipate within several days after completion of your Teeth Whitening.

Sensitivity may be controlled by analgesics such as:

ACETAMINOPHIN (IE. TYLENOL, EXTRA STRENGTH TYLENOL),
IBUPROFEN (IE. NUPRIN, ADVIL, MOTRIN IB), OR
NAPROXIN SODIUM (IE. ALEVE)

DO NOT TAKE ANY OF THE ABOVE ANALGESIC MEDICATION WITH ALCOHOL OR ON AN EMPTY STOMACH.