



Whitening Advice and Instructions

1. PRIOR TO STARTING:

Brush and floss just prior to bleaching your teeth. The whitening gel is the most effective with clean teeth. Try the trays in first without any bleach to check the fit and comfort. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process

2. APPLYING THE BLEACHING GEL:

When you apply the gel make sure not to fill the trays. Place a SMALL drop of tooth whitening gel half way up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. Recap the syringe for next treatment until empty. We recommend that you only bleach the front 6-8 teeth as no one sees the back teeth.

3. INSERTING THE BLEACHING TRAYS:

Dry the top surface of the teeth with a tissue, insert whitening trays in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums, by pressing the tray up with one hand, wipe the excess gel off of the gums with your finger or tissue.

4. WEARING TIME:

We recommend that you wear your trays overnight, as there is less saliva in your mouth while you sleep, which increases efficiency of the whitening gel.

5. AFTER WHITENING:

Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning. If your teeth stay sensitive for a long period of time, apply desensitizing toothpaste - follow steps 1 through 4 again using the desensitizing toothpaste.

6. CARING FOR YOUR TRAYS AND GEL:

Clean whitening trays with a toothbrush or cotton bud and cold water. Store trays in the tray holder and gel in cool dry place away from heat and direct sunlight. The gel may be refrigerated to prolong the shelf life by up to a year, but do not freeze.