

Take Home Teeth Whitening Instructions

Congratulations...you are on your way to whiter teeth!!!

The prescription bleach gel is 22% carbamide peroxide. It is a dentist administered product that is safe to use at home but following your dentist's instructions is crucial. It is **NOT** to be used on teeth which have broken fillings, decay or poor enamel development or if you have gingivitis. The dentist will let you know if you are a good candidate for this procedure.

Place one drop of bleach gel in each tooth from bicuspid to bicuspid. These will be the teeth you see when you smile.

DO NOT place bleach gel on any back teeth!!!

DO NOT overfills trays!!!

Place bleach trays in the mouth and leave in for **30 minutes**.

When you are done rinse mouth and trays with cold water. Let trays air dry and do not use toothpaste or abrasives to clean trays.

Repeat process daily until desired results are achieved in about 7 days.

DO NOT eat or drink anything that will stain a white t-shirt afterwards for up to 4 hours.

If you should develop sensitivity STOP using bleach gel for a day or two until symptoms improve.



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