

After Care Instructions: Whitening

MARCH 2022

TEETH WHITENING INSTRUCTIONS

1. Before starting, floss and brush thoroughly. If you bleed when flossing, wait until this subsides before beginning whitening. The best time to whiten is just after your regular dental cleaning when all tartar has been removed.
2. Please follow the written instructions that come with your specific whitening product.
3. Place a VERY SMALL pea size or smaller amount of whitening gel in each tooth slot of your custom whitening tray.
4. Place tray and rub the front of your teeth to spread the whitening gel. NOTE: if whitening gel comes in contact with your gum tissue, wipe away the excess.
5. Allow trays to stay in place for 30-60 minutes or follow printed instructions. Do not drink or eat during this time.
6. Remove trays, rinse and brush them with cool water.
7. Rinse mouth with warm water and brush teeth thoroughly.
8. Repeat these steps every day for up to two weeks to enjoy your new bright smile. You can repeat whitening again in about 4-6 months.

LONG-TERM STORAGE

Keep your whitening gel in the refrigerator. This will extend the shelf life of the gel.



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