

Teeth Whitening Instructions

Instructions:

1. Ensure your teeth are clean (brush and floss)
2. Apply bleaching gel from the syringe onto your custom tray
3. Place your custom tray completely and firmly on teeth
4. Gently wipe off any excess gel (i.e. with finger, toothbrush).
 - 💧 Caution: Gel on gums and lips may cause blistering
5. Do not eat or drink while trays are in your mouth
6. Remove trays in the morning (or after 4 hours) and rinse mouth without swallowing
7. Clean your teeth
8. Clean trays and store in case

Possible Side Effects:

Some patients may experience gum and/or teeth sensitivity, tongue and/or lip soreness, throat irritation, or moderate teeth pain. If you experience any of these symptoms, you may discontinue use for a few days until discomfort subsides. When you resume treatment, it is sometimes helpful to use less bleaching gel. ***If at anytime these symptoms occur, and are more than mild or persist, or if you have any questions or concerns, call your dentist.***

Precautions:

Keep out of reach of children

Keep bleaching materials away from heat or direct sunlight.

Never use household or commercial bleaching agents in your mouth; *only* use teeth whitening agents dispensed and supervised by your dentist.