

TIPS FOR SUCCESSFUL TEETH WHITENING.

Brush and floss your teeth. Next, remove the clear plastic cap from the syringe, and replace it with the mixing nozzle.

- Place a small drop of gel inside the front portion of each tooth compartment of your custom made tray. To guide you, one gel drop should be roughly the size of a match head; this amount should be dispensed into each tooth compartment. Remember that this is a guide only, if you have small teeth, use a smaller amount, or for large teeth use a slightly larger amount. Each syringe has 12 marked treatment doses, use UP TO one dose per tray application. In general, less than one dose per tray is preferable to an amount greater than one dose.
- Once the gel is dispensed into your trays, place the blue tip cap on the mixing nozzle, then remove the nozzle from the syringe, and replace it with the original clear plastic syringe cap.
- Place the tray with gel over your teeth. Be careful not to push the gel out of the tray, but be sure the tray is completely seated over your teeth. You may see the gel 'bubbling' within your trays while wearing them; this bubbling process is actually part of the whitening process.
- Remove any excess gel with your finger, or a dry toothbrush. If you notice any whitening of your gums, this is temporary, and should last only 5-10 minutes. These are signs that you are using too much gel, use a little less next time.
- Wear the trays for at least 30 minutes, but no longer than one hour.
- After whitening, remove the trays, rinse, and brush excess gel from your teeth and gums. Rinse the trays with cold water, hot water can distort the trays. Use a toothbrush, or cotton swab to remove any excess gel from your trays. Place the trays in the storage cases provided, and store them in a cool, dry place.
- Repeat these steps for subsequent whitening applications. For best results, whiten your teeth twice a day. If you experience mild sensitivity, wait at least an hour between applications.

Do's and Don'ts

Do

- Try to minimize the consumption of tobacco, coffee, dark colas, and red wine, because they may re-stain the teeth during and after the whitening process.
- Continue good oral hygiene throughout treatment.
- Avoid citrus foods, and juices if they cause sensitivity
- Store any remaining gel in a cool dry place – do not freeze
- Wait at least one hour between applications.

Don't

- Use the treatment while pregnant or lactating
- Overload the whitening trays. Using less than one dose per tray is generally preferable to using more than one dose.
- Eat, drink, or smoke while wearing your custom trays.
- For optimum results, days of treatment should be uninterrupted. If you must skip a day or two, the process must be extended to compensate for the time missed. Increased exposure via increased applications, and/or increased wear time tends to accelerate results.