



Whitening Trays, Take Home Instructions

1. Brush and floss teeth. Take a syringe out of the kit. Remove the cap and insert an application tip by twisting it securely onto the syringe.
2. Grasping the syringe in your palm and pressing the plunger slowly but steadily with your thumb (this gives you maximum control), carefully squirt a small bead of whitening gel into your whitening tray in the indicated spot(s).

Example Size: ☉

3. Make sure the whitening tray is seated in the mouth.
4. Press whitening tray firmly to seat and disperse whitening gel evenly on to teeth.
5. Wipe away excess gel in the mouth with your finger and exporate (spit out) any excess gel in your mouth. Wash your hands after having contact with the gel.
6. Keep whitening trays in for **30-45** minutes, unless otherwise instructed.

Remove trays earlier if sensitivity occurs.

Alternative Whitening times:

- Patients with known tooth sensitivity: Keep trays in for **15mins** ONLY.
 - Patients with slight/intermittent sensitivity: Keep in trays **15-30mins** ONLY.
7. After treatment, remove tray. Rinse tray thoroughly to ensure all gel is removed from the inside of your whitening tray.
 8. Rinse your mouth with luke warm water to avoid sensitivity. **Gently** brush your teeth with Sensodyne or sensitivity toothpaste.
 9. Repeat whitening protocol for **14 days** unless otherwise instructed.
 10. Maintenance: To maintain your new brighter tooth shade, repeat the whitening procedure for **2 days** after each regularly scheduled dental prophylaxis (cleaning).

Storage:

Trays: Store in case provided. Please store in a safe place indoors. Do not allow trays to be in excessive heat, it can distort the trays.

Whitening gel: Store in cool place (refrigerator) for maximum shelf life. Do not freeze.