

EASY HOME CARE PATIENT INSTRUCTIONS FOR A WHITER BRIGHTER SMILE

1. Floss teeth and then brush gently.
2. Place a teardrop (2-3mm diameter) amount of gel in each tooth compartment of the bleaching trays. Only place gel on lip/cheek side of tray, not inside. Try to avoid dispensing an excessive amount into the bleaching tray. (If you are sensitive to peroxide, before inserting the trays, apply a thin amount of petroleum jelly to the gums adjacent to the teeth that will be whitened.)
3. Insert the whitening trays. Wipe away any excess.
4. The recommended bleaching procedures are as follows, depending on the product you are using:
5. 32% solution-maximum 30 minutes once/day.
24% solution-maximum 30 minutes twice/day.
10% solution-wear overnight while in bed.

PLEASE RECONFIRM TIMES WITH DENTAL PROFESSIONAL.
Follow these instructions for up to 7-10 days or until you have achieved the desired results.

6. Clean mouthguard thoroughly after each use and then brush your teeth again.
7. Rinse with mouthwash or warm water.
8. Schedule recall appointments with your dental office as instructed.
9. When you are ready for refills, contact your dental professional for additional home whitening gel.

MAINTAINING YOUR BRIGHTER SMILE

The first 24 hours following in office bleaching are a critical time to avoid foods with any stain capacity. The first 24 hours following in office bleaching should be limited to clear food and liquids only, no coffee, tea, coke, etc.

For the first week avoid veggies like carrots and beets. Avoid berries, soy sauce, red wine, red fruit juices, tea, cigarettes and other dye containing or highly staining materials. After the first week a normal diet can be resumed. Tobacco use of any form should always be avoided. During and for one week following at home bleaching all of the above items should be avoided.