

Whitening Instructions

To get started:

1. Snap off and save the small cap from the syringe tip
2. Place a small dot into the deepest portion of each tooth compartment of the custom whitening trays. Place gel only into the tooth compartments that are in your smile (6-8 teeth across). Excess gel in the tray can lead to temporary irritation and discoloration of gum tissue.
3. Blot your teeth dry with a tissue
4. Position the custom whitening trays containing the whitening gel onto the teeth. Press carefully. Pressing too hard will push the whitening gel onto your gums and soft tissue. Avoid direct contact of the gel with the gums or soft tissue.
5. Remove excess gel with a cotton swab, tissue, or toothbrush.
6. After inserting upper and lower trays, place the small cap on the syringe tip for storage.
7. Treatment times are as follows:
 - 10% Carbamide peroxide – 8-10 hours wear time
 - 15% Carbamide peroxide – 4-6 hours wear time
 - 20% Carbamide peroxide – 2-4 hours wear time
 - 35% Carbamide peroxide – 30 minute wear timeOnce a day or as directed by your dentist
8. Once treatment is completed, remove custom whitening trays. Brush teeth and custom whitening trays with toothpaste. Rinse well. Rinse custom whitening trays with room temperature water. Warm or hot water can distort and ruin custom whitening trays.
9. Place custom whitening trays into storage case.

Whitening will only improve your natural teeth. It will not change the shade of crowns, bridges, veneers, composite fillings, dentures or any other man-made material. If you are considering dental work, it is best to whiten your natural teeth first, and then your dentist can select the whiter shade for your restorative dentistry.

Results may vary based on wear time and frequency of applications. For best results, follow the treatments that your dentist recommends, the instructions listed in this pamphlet, and the "Tips for better whitening" section below.

Tips for better whitening:

1. The best whitening results are achieved when patient maintains regular dental hygiene visits.
2. Do not smoke, eat or drink while wearing custom whitening trays.
3. Avoid the use of tobacco and food/beverages that are deep in colors such as coffee, tea, and red wine, and colas during and up to 24 hours after a whitening treatment.
4. Store at temperatures not exceeding 73 degrees Fahrenheit, protect from direct light, especially sunlight and heat sources. Refrigerate for long-term storage to maintain product stability. Do not freeze. Keep out of the reach of children.

Possible side effects:

1. Patients have reported sensitivity to cold during teeth whitening treatments and occasional gum irritation. A smaller number of patients have reported temporary discomfort during treatment such as tongue and/or lip soreness, throat irritation moderate tooth pain. Sensitivity and tissue soreness usually subside within 1-3 days after treatment.
2. A dark or purple color may be seen in the dental trays after treatment. This occurs when whitening gel oxidizes the surface stains on amalgam (silver) fillings. This is normal and will not harm you, your amalgam filling, or your custom whitening trays.