

WHITENING INSTRUCTIONS



Brush and floss your teeth prior to inserting your trays.

Place a small dot of gel in the middle on the front part of each tooth space. **Using too much gel will cause gum irritation and increase tooth sensitivity.**



Place the tray on your teeth.

Remove any excess gel from your gum tissue with your finger or a dry toothbrush.



Recommended whitening time is 30 minutes.

Remove trays after using them, and remove any gel left in the mouth with a toothbrush.



Clean trays with toothbrush and cool water.

Store trays in their case until the next use and keep them away from heat. You can also store any unused gel in the fridge to prolong the shelf life.



Refrain from eating or drinking things that would stain a white shirt, like coffee, red wine, etc.

*We recommend using Sensodyne or Fluorimax toothpaste while whitening to help reduce sensitivity.
If whitening prior to a special event, be sure to do it well in advance and not the night before for best results.
If you have any questions or concerns while whitening your teeth, please call us at (804) 323-4200.