

**WHITENING INSTRUCTIONS**

1. Cleanse your mouth thoroughly by flossing and brushing.   
2. Apply a small dot of gel on each tooth in the tray.  
3. Insert tray slowly.   
4. Do not bite hard on the tray; this will squeeze the gel out of the tray.   
5. Wipe off any excess gel that squeezes out of the tray onto the gums.   
6. Leave tray in place for 2-4 hours or overnight.   
7. Remove trays, rinse and brush excess gel from teeth gently.  
8. Clean trays, removing gel with a wet toothbrush.   
9. DO NOT EAT, SMOKE, or DRINK for 30 minutes after whitening.   
10. DO NOT wear tray while eating.   
11. Minimize consumption of anything that would stain a white shirt during your whitening period for optimal results (eg: Coffee/Tea/Tabacco/Red wine/ Berry pie/ ketchup/red sauces)  
  
Sensitivity can be normal in teeth and or gums can be normal. If concerned stop treatment for 1-3 days, or consult your dental physician. Some people are more prone to sensitivity than others. Results will vary depending upon enamel type and present restorations.   
  
If you have any questions or concerns, do not hesitate to give the office a call.

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