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## Instructions for Home Whitening

- Brush with prescription fluoride toothpaste once a day for 5 to 7 days prior to starting the bleaching system and during the bleaching process.
- Make sure to brush, floss, and rinse your mouth before bleaching.
- Apply a small amount of bleaching gel in the tray. Only place in the portion that sits on the front teeth. Remove excess gel from the gums.
- Wear a minimum of 2 to 4 hours a night. You may wear them all night if you prefer. Bleach for 3 days or until you have achieved your desired result.
- Use cold tap water to rinse off trays and place in the storage case. Store in a cool dry place. Your trays are made from a special material and the temperature of water can cause distortion causing them to lose their fit.
- Avoid citrus foods and juices. These items change the acidity of your saliva and may cause sensitivity. If you do experience sensitivity, try bleaching every other day instead of daily. Minimize consumption of coffee, tea, red wine, and tobacco during and after bleaching as these substances may re-stain teeth.
- Store extra syringes in a cool dry place as this will extend the lifetime of the bleaching material.
- Use the extra syringes of material for touch-ups. To keep your teeth just the right shade you may need to touch-up ever 4 to 5 months for 1 to 3 nights. **Do not** eat, drink, or smoke while wearing trays.
- **Do not** use if pregnant or lactating.
- Pets love to chew up trays. Store in a safe place.