



### Take-Home Whitening Instructions

- After brushing and flossing, place a small amount of whitening material inside each tray (smile surfaces only)
- Wear Trays for 90 minutes to determine sensitivity level. If minimal, or no sensitivity, attempt to wear overnight.
- If your teeth become sensitive at any time, discontinue use and resume in a couple of days.
- Wear trays every other night until you reach your desired shade. Continuous nights may cause gum pain/burning.
- If sensitivity is severe or abnormal, please call our office.
- Do not eat, drink, or smoke cigarettes while wearing trays.
- You may touch up every week, month, or couple of months, as you feel necessary.
- If you wish to purchase additional whitening material, it is available in our office for \$20 per syringe.
- To prolong the shelf-life, store whitening material in refrigerator when not in use.