

Instructions for Teeth Whitening



Clarence Street
DENTAL Group

Please read the instructions below carefully before using your whitening trays:

1. Floss and brush your teeth thoroughly before treatment.
2. Apply a small amount of whitening gel in the tray by placing a dot of gel in the middle of each tooth.
3. Place tray over teeth ensuring it is seated properly by pressing lightly.
4. Remove any excess gel that may have escaped the tray with a clean toothbrush, your finger or a Q-tip.
5. Wear tray for **30 minutes**.
6. Remove tray. Rinse your mouth twice (**DO NOT BRUSH!**) with water and clean your trays with a clean toothbrush under cool water. Allow trays to air dry and store them in the case.

General Precautions:

1. *When not in use, store whitening gel in the refrigerator.*
2. *Foods and juices high in acid can contribute to tooth sensitivity.*
3. *Crowns, bridges, veneers, dentures and composite fillings **WILL NOT** whiten.*
4. *Refrain from using tobacco products and consuming tea, coffee, and red wine for duration of treatment, plus 48 hours after final application.*

