

Serving the dental community for over 25 years!

HOME CARE INSTRUCTIONS FOR OPTIMAL RESULTS

Teeth Whitening

For the next 24-48 hours:

- Avoid eating or drinking substances that could stain a white shirt (cola drinks, red wine, mustard, coffee, tea, berries, etc.)
- To reduce sensitivity, place a small drop of desensitizing solution on your finger & rub directly on the area of tooth that is sensitive.

For customized take-home trays:

- Always brush & floss your teeth first.
- Place a tiny dot of whitening gel in the center of each tooth compartment in the custom tray.
- When inserting custom tray in mouth, be careful not to push the gel on to the gums (will irritate gums). Be sure tray is completely seated.
- Remove any excess gel with tissue.
- Day White gel, wear 15-30 minutes per day as directed. Night White gel, wear overnight or a minimum of 2 hours.
- Rinse & brush your trays with cold water to prevent bacterial growth. Brush excess gel gently from teeth.
- Store trays in a cool, dry place along with remaining gel.
- Touch-up every 4-6 months as desired.

Call us today if you have any questions

Open 7am–7pm!

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