

Teeth Whitening Instructions

Teeth whitening is an easy and effective way to achieve a nicer, whiter smile in a relatively short period of time. Whether it is for an upcoming date, business interview, public presentation or just personal pride everyone likes to give a good first impression. Nothing makes a good first impression like a beautiful smile. Over time things like colas, coffee and tea can diminish brilliance and stain teeth. Teeth whitening is the perfect solution to helping bringing back the shine.



For the best results please follow the teeth whitening instructions below once you have obtained your kit:

- Brush and Floss your teeth.
- In a counterclockwise motion, twist off the clear plastic cap from the syringe.
- Twist the mixing tip clockwise to lock on the end of the syringe.
- Place a small amount of gel in each tooth compartment in the dental tray.
- Important- Overloading trays with gel may cause temporary gum irritation.
- If you are sensitive to peroxide, before inserting the trays, apply a thin amount of petroleum jelly to the gums adjacent to the teeth that will be whitened.
- Place tray with gel in your mouth. Be careful not to push gel out of the tray.
- Avoid getting gel on your gums. Remove excess gel with a cotton swab.
- Once finished placing gel in trays, remove mixing tip from syringe and replace clear cap. This ensures ingredients in each side stay separate for maximum effectiveness.
- The whitening can be done for 30 minutes twice a day. Optimal results will come within 2 weeks.
- After whitening, brush residual gel out of the trays with toothbrush.
- Place trays in storage case and store in a cool dry place.

- Brush teeth to remove excess gel.
- We want to see you back for a short dental appointment after two weeks to check your progress and to make sure the teeth and gums are healthy.

Notes:

- Do not eat, drink or smoke while wearing your custom tray.
- Darkness in the dental trays can result from silver fillings.
- The area of the tooth closest to the gum may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.
- If teeth are hot or cold sensitive, use a fluoride gel or rinse after whitening, or start whitening every other day.
- Keep the casts of your teeth. If anything happens to your dental trays, bring us the casts, and we will probably not have to make new impressions.

IMPORTANT: Commercial level teeth whitening kits are not the same as those purchased over the counter. To get the best results you should receive a dental consultation to determine what your best options are. To learn more about over the counter teeth whitening [click here to read what Consumer Reports has to say](#).

If you have any questions regarding our teeth whitening instructions or need to get a kit to start the process please contact us and we will be happy to help.