



INFORMATION FOR TEETH WHITENING

- You can whiten everyday or every other day. We recommend every other day due to the sensitivity whitening products may cause. For individuals that become sensitive, a sensitive toothpaste can be used. (Colgate sensitive or Sensodyne)
- Brush teeth before whitening. Disperse a small line into the tray and place trays in. You want a little to seep out of the tray to make sure your teeth are covered. The first time you may use too much or too little. This will not make a big difference the first time, you can adjust accordingly.
- You should get 3-5 applications per syringe. Store extra syringes in the refrigerator. When ready to use the next syringe, remove from the refrigerator 24 hours prior to use.
- Whiten for 30 minutes--leaving trays in for longer will only create sensitivity.
- Do not eat or drink with trays in.
- When you remove your trays, brush your teeth and brush out the trays using cool water.
- You may stop whitening when pleased with the shade.
- Touch ups may be done as often as needed. Red wine, tea and coffee may cause staining faster and require more frequent touch ups.

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