

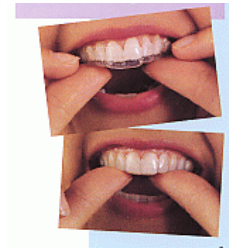


Whitening At Home

Congratulations on your decision to take advantage of our **home whitening system**. This new technique uses a mild oxidizing agent to whiten your teeth. Since its introduction into our office, we have been able to achieve significant improvement in tooth "*whiteness*" for many of our patients.

As with any treatment modality that you apply at home, there are specific instructions that should be followed in order to achieve the *maximum* benefit in a safe and predictable manner.

- Clean your teeth first. (Brush and Floss often)
- Load the tray with the prescribed whitening gel by removing the sealed cap from the syringe, attaching the delivery tip onto the syringe securely, and expressing the material evenly throughout the custom tray. **DO NOT OVERFILL**. Remove the delivery tip and tightly replace the seal cap for future use.
- Using the custom trays created by our office just for you; seat the tray completely and firmly onto your teeth. Leave the tray in your mouth for the amount of time discussed at your treatment visit. (Usually ½ hour in the morning and ½ hour in the evening). The time period depends upon the material prescribed and differs between materials. We will discuss this during your visit at the office.
- Gently press the tray with your fingers to adapt the tray against your teeth.
- After the prescribed time please remove the tray and clean your teeth prior to eating. The tray should then be rinsed, cleaned and placed in the tray case for storage. Rinse your mouth thoroughly with water 1-2 times, **DO NOT SWALLOW THE RINSES**.
- Gently wipe off the excess gel with a tissue.



Results can be obtained by wearing the tray two times in a 24 hour period. Inserting the tray before bedtime and wearing it through the night and/or inserting the tray after lunch and wearing it until dinner.

Do not eat anything immediately after whitening that can discolor your teeth. I would suggest that you stay away from smoking, coffee, tea and red wine while whitening your teeth.

If you should notice any unusual sensitivity or tissue changes, please discontinue treatment and contact the office. As always, we are here to serve you and your dental health needs. If you should have any questions regarding this or any other aspect of your dental care, please feel free to call upon us at any time.

Keep smiling and share your beautiful new smile with those around you.



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