

Whitening Instructions

- 1.) Brush and floss your teeth before each application of whitening gel with trays.
- 2.) Remove the storage cap from a syringe and replace it with an applicator tip. Each syringe has 6 calibration lines. Each line represents one tray application. Apply a small amount of gel in the face-side of each tooth space on the tray.
- 3.) Remove the applicator tip from the syringe and replace it with the storage cap. This protects the whitening gel from exposure and maintains shelf-life.
- 4.) Place your custom tray over your moistened teeth. Do not squeeze the tray. Allow any excess gel to escape naturally and remove from your gums using a toothbrush or tissue.
- 5.) Most whitening occurs during the first hour of each application. Wear your tray once or twice each day for 1-2 hours per application or as recommended by Dr. Lichtsinn.
- 6.) Brush the trays clean with a toothbrush and water when done with application. Rinse with cold water and store the custom trays dry in the case provided.

DO:

- Continue using the whitening gel uninterrupted each day until all of your treatments have been completed or the desired results are achieved.
- Wait at least one hour between treatments.
- Replace the applicator tip with the clear storage cap after each use.
- Store syringes in a cool, dry place. Refrigerate if possible.
- Avoid citrus fruits and juices until your treatments have been completed since they may cause sensitivity.
- Reduce or eliminate consumption of coffee, tea, red wine, cola, and tobacco since they may contribute to tooth staining during (and after) your whitening treatment.
- Brush and floss before and after each whitening treatment.
- Keep whitening gel out of the reach of children.

DO NOT:

- Do not apply excess gel in your tray. This does not lead to quicker results and may cause sensitivity.
- Do not eat, drink, or smoke while wearing your tray.
- Do not use whitening gel while pregnant or lactating, as safety has not been proven.
- Do not swallow the whitening gel.
- Do not freeze syringes.
- Do not expose syringes to excessive heat or prolonged periods of sunlight.

If you have any questions or concerns regarding your treatments, please give our office a call. Mild gum or tooth sensitivity may occur. If you experience more than mild sensitivity, discontinue treatments and call us. Sensitivity will usually subside within 24-48 hours after interruption of treatments.