

## Teeth Whitening Instructions

Place a small amount of the whitening gel in each tooth depression, that you can see when you smile. The amount is critical.

You should only use a small drop about the size of a BB in the front of the trays.

BB = ●

Too much gel will cause irritation and a dilution effect to make it less effective.

Wear your trays for 30 minutes a day, for 7 days to 2 weeks, until you get your desired whiteness. If your teeth are sensitive try to do 15 minutes every other day for 2 – 3 weeks.

To clean the trays, brush with tooth paste and tooth brush.

Keep the trays out of reach of pets. Dogs love to chew on them.

Keep the unused gel in the refrigerator for an extended life.

You will be given three times the amount of whitening gel needed for normal whitening.

With this system you can control the amount of whiteness you want.

Whitening gel is one of the few products that have only good side effects. The gel we have prescribed for you will harden your teeth against cavities and help protect against gum disease at the same time.



If you have any questions please call the office at 214-521-3148.