



Patient Instructions for Tooth Whitening

1. Brush and floss your teeth prior to using product. Make sure that your custom bleaching trays are dry as moisture reduces the efficiency of the product.
2. Place a small drop of gel on each tooth indentation in your tray.
3. Insert the tray into the mouth over the teeth. Wipe off any excess gel that escapes the tray with a tissue. The gel can irritate gums/tissue.
4. Wear the trays for 30 minutes up to 2 hours per day. Do not exceed 2 hours per day and work up to the maximum time when starting to avoid sensitivity to the product.
5. Remove the trays and rinse with cool water and store away dry.
6. Brush your teeth after bleaching to remove any excess gel.

Please note:

- Keep bleaching material refrigerated-shelf life is 1 year
- Whitening gel will only whiten natural teeth-Crowns, Bridges & any artificial materials in your mouth will not whiten.
- Results vary from person to person.

Warnings:

- Keep out of reach of children.
- Do NOT use if pregnant or nursing.
- Do NOT smoke, drink or eat while bleaching your teeth.

If you experience sensitivity, or have any questions on your treatment please call our office at 791-0030 or visit our website: www.familydentalmontgomery.com