



Take-Home Whitening Instructions

- Place a small amount of whitening material inside the tray on the surfaces that face towards the front of the teeth.
- Wear Trays for 90 minutes to overnight.
- Do not eat, drink, or smoke while wearing trays.
- Try to whiten for at least three days in a row. If your teeth or gums become sensitive at any time, discontinue use and resume in a couple of days.
- If sensitivity is severe or abnormal, please call our office.
- Wear trays nightly until you reach your desired shade.
- You may touch up every week, month or couple of months as you feel necessary.
- If you desire to *purchase* additional whitening material, it is available in our office for \$20 per syringe.
- Store whitening material in refrigerator when not in use.