

Professional Strength Teeth Whitening During and After Treatment

Procedure:

1. Thoroughly brush and floss your teeth prior to applying the whitening gel.
2. Load the appliance, as demonstrated, by gently depressing the syringe cap- expressing the material only on the surfaces that face toward the lip.
3. Place the appliance completely and firmly onto the teeth, but gently. Excessive pressure will express too much material out of the appliance.
4. Gently wipe off excess gel with a toothbrush or Q-tip.
5. Expectorate (spit out) any excess material.
6. Wear for a minimum of 20-40 minutes once /day. The thin tray is very comfortable and can be worn easily while accomplishing other tasks.
7. When the appliance is removed brush teeth and gums thoroughly. The 'tray' should be rinsed thoroughly and placed in the appliance case - ready for the next application.

Possible Side Effects Occasionally patients will experience sensitivity to cold with some minor gum irritation during treatment. This difficulty normally resolves on its own in 1-3 days after interruption or completion of the whitening treatment. Simply waiting a day or two after sensitivity occurs before restarting the whitening process is another method to alleviate symptoms.

Precautions: Please keep the whitening carriers out of heat and/or direct sunlight at all times. The whitening agent will break down and become ineffective, should this occur. Never attempt to use any household or commercial bleaching agents in your mouth. Only use the teeth whitening agents that we prescribe for you - those that have been tested and approved for intraoral use. Bleaching is not effective on all teeth. Some teeth will remain resistant to attempts to bleach. Cosmetic resin bonding, porcelain laminate veneers, or crowning the teeth may be the only way to correct some stains. Some teeth will bleach unevenly. There is no way to consistently predict this occurrence. It is fair to state that if your teeth have uneven coloration to begin with they will bleach unevenly. Bleach is not effective on fillings. Old fillings will not bleach along with your teeth and may appear darker after bleaching of your teeth. You may want to replace them to match the new color of your teeth.

Please Note: Normal tooth whitening starts at the biting edges of the teeth and works its way up. Normal color of teeth is darker toward the gum line. KEEP OUT OF REACH OF CHILDREN -- KEEP OUT OF HEAT & SUNLIGHT