

Whitening Instructions

Follow your dentist's instructions on how to load gel into your custom whitening trays. Use no more than 1/3 to 1/2 of the syringe per tray. A small drop per tooth is all you need. Avoid filling the tray with gel.

Brush teeth before inserting tray. Unless directed otherwise by your dentist, wear 10% gel for 8-10 hours, 15% gel for 4-6 hours, 20% gel for 2-4 hours and 35% gel for 30 minutes.

Remove excess gel with clean finger. If significant sensitivity occurs stop treatment and consult your dentist.

After whitening, clean tray with soft brush and cool tap water. Store tray in case provided or on the model.



Whitening Precautions

Do not use household bleach to whiten teeth.

Pregnant woman should not whiten.

If you have any questions regarding the appropriate use of this product, including how long it will take to whiten your teeth, please consult your dentist as soon as possible.

White spots that appear on the enamel during the whitening process may blend during continued whitening.

Teeth are naturally darker along the gumline. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.

General Precautions

Keep whitening gel out of the reach of small children.

Do not swallow gel. Product contains peroxide and may contain fluoride; swallowing large amounts may be harmful.

Some patients experience sensitivity with whitening. Should this occur, try using trays every other day.

Foods and juices high in citric acid can cause sensitivity to the teeth.

Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days or progressively worsen, call your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.

Coffee, tobacco, and other products can restain your teeth over time. Should this occur, the teeth can be rewhitened within a few nights with whitening gel.

Regular dental checkups and cleanings are important before and after whitening to maintain a healthy smile.

Some old amalgam or “silver” fillings may leave a dark purple color in your whitening tray. This is normal.

Crowns, bridges, partial dentures, veneers and composite fillings will not whiten

Store whitening gel out of the sun and heat. Refrigeration is recommended. Do not freeze.

Discard any unused whitening gel after treatment is completed.