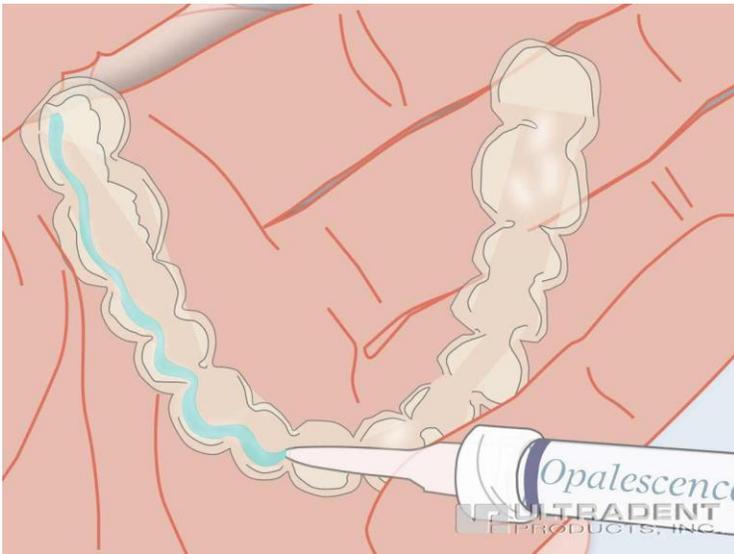


Take Home Whitening Trays – INSTRUCTIONS FOR USE

Use **NIGHTLY** – This will help to lighten areas on the teeth that are prone to staining. NOTE your teeth may become noticeably more sensitive to cold and hot for the first week or so of doing whitening, usually this subsides when teeth rehydrate throughout the next day.

1. Begin by brushing teeth (brush and baking soda (or NON-FLUORIDE paste w/ water only – very thorough)
2. Hold upper tray on hand as shown. Place ‘dimple’ or smear size amount of whitening gel on forward or outside facing surface inside of tray and swipe across all teeth you want to whiten, front and side teeth (as far back as you like).



3. repeat step 2 for lower teeth arch custom tray.
4. Now place upper and lower trays firmly onto teeth, spit out any excess gel that spreads onto your gums.
5. Set timer for 3-5 minutes the first time trying this method of whitening, in the future you may be able to tolerate up to 10 or 15 minutes of keeping the trays in. NEVER whiten teeth longer than 30 minutes (some stains are intrinsic and too deep in the tooth to remove by this method of whitening).
6. Remove trays after time is up, rinse out tray and rinse mouth with clean water, let the trays air dry, DO NOT IMMEDIATELY eat, drink, smoke or use anything that is not completely clear. you will retain your teeth. (vaping is prone to stain teeth also) teeth need 30-45 minutes to remineralize the enamel (tooth) surface!
7. If your teeth are very sensitive, try less time and wait 1 day between whitening sessions. let us know if your teeth are still sensitive. (PLEASE ASK IF YOU HAVE ANY QUESTIONS)