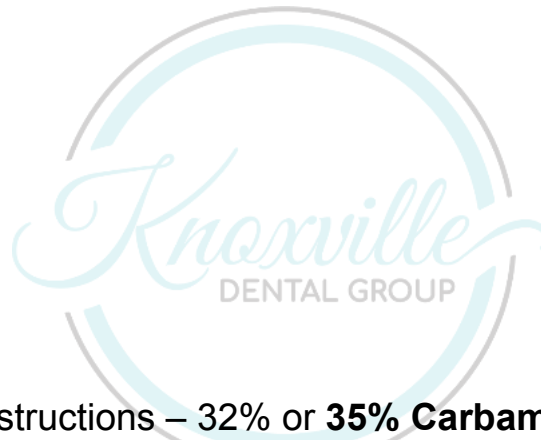


Whitening Instructions – **22% Carbamide Peroxide**

- 1.) Brush and floss your teeth. Twist off the clear plastic cap and discard tip.
- 2.) Place a **small “teardrop”** amount of gel in each tooth compartment of your clear tray. You will not need much.
- 3.) Place the trays with the gel in the mouth one at a time. Store syringe in drawer or ziplock bag.
- 4.) Remove any excess gel with your finger or dry toothbrush. You may see “bubbling” within your trays while wearing them. This bubbling is normal.
- 5.) Recommended wear time is **2 hours-10 hours (overnight)**. If you have tooth sensitivity*, **reduce to 1 hour twice per day or 1 hour once every 3 days**.
- 6.) After whitening, remove and rinse trays with cold water. Hot water may damage the trays. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case provided and store them in a cool, dry place, away from pets or small children. Rinse and brush excess gel from the teeth.
- 7.) Use gel for **up to 2 weeks** or less if desired shade is reached before.

***If you have sensitivity**, you may take breaks from whitening and only use every other day or 1-2 times per week. You might also consider using a sensitive toothpaste (Sensodyne, etc) morning and night during the whitening process.

Touch-Ups: Whitening will last up to 6 months and can be done again whenever you feel like your teeth need to be touched up. You may only have to use for a few days to get back to desired whiteness. Additional syringes of whitening gel can be purchased at the front desk at our office. Long term storage of syringes is best in a refrigerator but not required.



Whitening Instructions – 32% or 35% Carbamide Peroxide

- 1.) Brush and floss your teeth. Twist off the clear plastic cap and discard tip.
- 2.) Place a **small “teardrop”** amount of gel in each tooth compartment of your clear tray. You will not need much.
- 3.) Place the trays with the gel in the mouth one at a time. Store syringe in drawer or ziplock bag.
- 4.) Remove any excess gel with your finger or dry toothbrush. You may see “bubbling” within your trays while wearing them.
- 5.) Recommended wear time is **15-30 minutes**. If you have tooth sensitivity*, **reduce to 10-15 minutes twice per day** or **15 minutes once every 3 days**.
- 6.) After whitening, remove and rinse trays with cold water. Hot water may damage the trays. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case provided and store them in a cool, dry place, away from pets or small children. Rinse and brush excess gel from the teeth.
- 7.) Use gel for **up to 2 weeks** or less if desired shade is reached before.

***If you have sensitivity**, you may take breaks from whitening and only use every other day or 1-2 times per week. You might also consider using a sensitive toothpaste (Sensodyne, etc) morning and night during the whitening process.

Touch-Ups: Whitening will last up to 6 months and can be done again whenever you feel like your teeth need to be touched up. You may only have to use for a few days to get back to desired whiteness. Additional syringes of whitening gel can be purchased at the front desk at our office. Long term storage of syringes is best in a refrigerator but not required.