



asinmaz
Cosmetic · Implant · General Dentistry
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7 NIGHTS WHITENING TREATMENT

WHITENING INSTRUCTIONS:

1. Keep Syringes in the refrigerator.
2. Brush teeth before and after each application. (Do not floss before.)
3. Rinse trays thoroughly after each use and store in case provided. (Trays do not need to be brushed or left in water.)
4. Depending on Whitening strength:
___ 25% is recommended at night while you sleep. Maximum of 8 hours, minimum of 4 hours.
___ 35% is recommended for a maximum of 1 hour, minimum of 30 minutes. If you decide to whiten during the day, or if you have the 35% remember you cannot eat or drink while the solution is in your mouth.
5. Whitening material is only placed in the front bottom part of each tray, if you have any excess material on your gums, wipe excess off immediately with a tissue or toothbrush.
6. If sensitivity occurs skip one or two nights, depending how severe sensitivity is.
7. DO NOT FLOSS teeth BEFORE whitening as it may cause gum sensitivity.

We recommend using Sensodyne toothpaste in place of your regular toothpaste to help decrease sensitivity.

****We will see you in one week to check your excellent whitening result.****