



TENINO
FAMILY
DENTAL
CENTER

WHITENING INSTRUCTIONS

The tips below will result in the most effective and safest whitening. Please call us if you have any questions or concerns.

1. Brush and floss thoroughly just prior to whitening.
2. Put the small adapter tip on a tube of whitener.
3. **Place whitener gel in your custom trays only for the teeth that show in your biggest smile.**
4. **Place a dot of gel SMALLER than the size of a BB inside the tray on each tooth that you want to whiten....**put the dots of gel in the tray so that the gel only touches the front side of your teeth.
5. Put the tray in place, gently pushing it against the teeth. Any **excess gel along the gumline should be wiped away**. Spit out any excess in your mouth.
6. **Wear the trays for only a ½ hour.** Beyond this time the gel has lost its maximum effectiveness. Wearing the trays longer only contributes to increased sensitivity.
7. After the whitening session remove the trays and **rinse both your mouth and the trays thoroughly, do not brush.**

You can continue to whiten once a day until you reach the maximum results for **your** teeth, usually up to 14 days. If tooth or gum sensitivity results check that you're not using too much gel or leaving the trays in too long. A separate desensitizing gel may be used in the trays between whitening applications if necessary.

Enjoy your new smile!