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Instructions for Take Home Whitening Trays

- Brush and floss teeth prior to use of trays
- Place tear-drop sized amount of whitening gel in front part of trays
- Insert over teeth, wipe off any excess amount that may have extruded onto gum tissue
- Do not eat or drink while wearing trays, avoid swallowing gel
- Keep trays in for 1-2 hours
- After removing trays and brushing off residual gel on teeth and rinse, also clean trays with
- toothbrush and toothpaste with cool water. Hot water will warp trays
- Place trays in case provided, keep away from direct heat and pets. Pets are attracted to
- things that have come in contact with human saliva.
- Use trays daily until you receive your desired result.
- If sensitivity occurs you may skip a day.
- We recommend using Prevident toothpaste to help with sensitivity. If Prevident is required we can send a prescription to your pharmacy.
- After reaching your desired shade you may be dull after time. We recommend touch-ups at your discretion. Most people touch up semiannually after a professional cleaning.
- In case of any unusual disturbances, questions, or to purchase additional gel, please call the office.