



INSTRUCTIONS FOR WHITENING

1. Brush and floss your teeth.
2. Place a small amount of NITE/WHITE or DAY/WHITE gel in the tray for each tooth that will be whitened. Each kit has -4- whitening syringes. Each syringe should last approximately 6 days.
3. Place the tray with NITE/WHITE or DAY/WHITE in your mouth and gently compress the tray to assure that the gel covers the entire front surface of the teeth.
4. Remove excess gel with a Q-tip or a dry toothbrush. The whitening gel should be covering the tooth surfaces, not the surrounding gum tissue.
5. Wear the tray for a maximum of **1 hour**. If sensitivity occurs, limit wearing the trays to 30-45 minutes depending on tolerance. Sensitivity during whitening is a temporary side effect that will subside 1-3 days after treatment. It is **not recommended** to wear the trays while you are sleeping.
6. After whitening, remove and rinse the trays with cold water. Brush and floss your teeth after whitening. If necessary, use a toothbrush to remove any residual gel from the trays. Place the trays in the storage case and store them in a cool place.
7. Smoking, coffee, tea, red wine, and other dark foods contribute to staining. Try to limit your consumption of these foods during the whitening process to reach optimal results.

NOTE: If you experience extreme sensitivity with this technique, discontinue immediately and call our office. Some patients experience some sensitivity the first 2 to 3 days of whitening. This is normal and usually diminishes 1-3 days after treatment is completed.

Congratulations!

You are well on your way to whiter, brighter teeth and a beautiful smile. We are pleased that you are as committed to high quality dental care as we are and it is our privilege to provide this service for you. Please call us at 860-828-3933 if you have any questions. At Advanced Dental we care about you and want you to be as comfortable as possible.