

Whitening Teeth using Custom Trays

- Before using whitening tray(s), thoroughly floss and brush your teeth
- Load your whitening tray(s) by expressing a small drop of the material into the deepest part of the tray on the facial (outside) of the tooth impressions.
- Seat the tray completely and firmly over the teeth by pushing the tray towards the gumline. Should any excess whitening gel ooze beyond the tray's edge, you are using too much material; we suggest gently wiping off the excess with a soft toothbrush or a clean finger. The materials are flavored to let you know when you have used too much—not to taste good!
- Wear tray(s) for a minimum of 2 hours per day, 4 is good, up to 8 is ideal.
- If you experience sensitivity or tingling, please stop using the product and call the office for assistance at 603-882-3001.
- Upon removal of the tray(s), rinse the residual gel from the teeth and then from the tray, then clean the tray with soap and water on your toothbrush. It is important to use cold water as the use of heat or hot water may distort the tray.
- The tray (s) should be removed one hour prior to eating or drinking.
- Do not eat or drink with whitening tray(s) in your mouth.
- Do not use this product is you are pregnant, lactating, or unable to refrain from smoking or chewing tobacco products.
- Keep out of reach of children and pets.
- Keep your trays clean and stored in their protective container; this will prolong the life of your custom trays. When you need a touch up whitening kit, please inform us.

Thank you for the opportunity to provide for your care