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Whitening Instructions

1. Brush your teeth normally and rinse your mouth thoroughly before whitening treatment.
2. Check to make sure trays are clean and dry.
3. Place a pea size drop of whitening gel in each tooth in the tray. This will typically use up about 1/2 to 1/3 of gel in the syringe per treatment.
4. Make sure not to overfill the tray with whitening gel. If you do, it can discolor your gums and cause sensitivity.
5. Put the tray in your mouth so that the teeth for the tray are in the correct position and press against teeth so the tray can sit firmly on the arch.
6. If gel gets on the gum area rinse immediately as this can cause burning and irritation to the area.
7. Keep the tray in your mouth for 30 minutes.
8. After the tray has been in your mouth for a maximum of 30 minutes, rinse your mouth out to get rid of any remaining gel.
9. Clean trays with cold water, please be sure to store in a cool and dry location and any remaining gel needs to be kept refrigerated.
10. Repeat steps once daily until desired shade is achieved.

If discomfort and irritation occurs after 3-5 days, discontinue use immediately and contact our office at (215) 709-0001.