

## **Teeth Whitening Instructions**

### **At Home Gel Application and Custom Trays**

(Please read all instructions before using teeth whitening gel)

Teeth whitening (bleaching) gel will only whiten natural teeth. Results may vary as teeth whiteners do not work on certain stains and they work differently on different people. It is important to consult with Dr. Branen if you have any concerns about stains on your teeth before using this product. What you eat and drink, how often you brush, how frequently you have your teeth professionally cleaned, whether you smoke or not and genetics, all play a role in determining the effectiveness of teeth bleaching.

1. Brush and floss teeth.
2. Make sure trays are clean and dry prior to applying the gel.
3. Remove syringe tip cover.
4. Depress the plunger of the syringe and place a dot of gel (the smallest amount the syringe will expel) onto the front of each tooth you wish whitened in the tray. It will not seem like enough, but trust us, it is! One syringe will provide several applications if used properly.
5. Position tray over your teeth and gently press tray against teeth to spread the gel around the tooth surface. If gel seeps above the tray onto your gums, you have used too much gel. Use a tissue to wipe off any excess.
6. The first time you wear the tray(s) keep them in for 20 minutes. If you have no sensitivity, try 30 minutes the next time. It is not recommended you wear them beyond 30 minutes at a time. You may wear them daily for 14 days. Some patients wear them as needed to keep their teeth lighter. Once a week, a couple times a month; it's your decision. We will check your shade initially. If you'd ever like to have a quick appointment for a shade check just call the office.
7. After whitening, remove the tray and rinse your teeth. Brush your teeth to remove any remaining gel.
8. Clean bleaching trays with a toothbrush and cold water. Store trays in the tray holder and gel in a cool dry place away from heat and direct sunlight. We keep ours in the refrigerator. Do not use hot water on the trays (it warps them) or toothpaste on the trays (it clouds them).

Refill syringes of gel are available for \$10 each.

Save your original plaster impressions. Should you misplace your trays or if the dog eats them, we will remake them for you at a greatly reduced rate if you provide us with the original impressions.



**WARNINGS:** Keep product away from children. DO NOT use if pregnant or breastfeeding. DO NOT use tobacco products or eat while wearing bleaching trays. Avoid swallowing gel or letting it contact your eyes, skin or gums. Rinse well with water if this occurs. If you experience any redness or other problems, cease use and contact us. Never hesitate to contact us with any questions.