

DENTAL ASSOCIATES of LODI



★ www.dentalassociatesoflodi.com ★

WHITENING INSTRUCTIONS

1. Floss and brush your teeth before bleaching your teeth
2. Twist off the plastic cap from the syringe
3. Place a **"teardrop"** amount of gel in each tooth compartment in the tray
4. Place the tray with the gel inside your mouth
5. Wear the bleaching-tray according to you bleaching concentration:

15% concentrate - overnight or 4-6 hours	2 weeks
20% concentrate - 2-4 hours a day	2 weeks
35% concentrate - 30 minutes a day	2 weeks

6. Remove and rinse the bleaching trays with water after bleaching session. Hot water may damage the trays
7. Place the trays in the storage case and store it in cool, dry place
8. Rinse and brush excess gel from the teeth
9. Keep whitening solution in the refrigerator

If you develop teeth sensitivity we recommend you brush with Sensodyne toothpaste. If your gum start to blanches" or turns white", we recommend you rinse with water and stop bleaching for about one to two days. The symptoms will usually dissipated in a couple of days.

Please contact us if you wish to use this product for more than 2-weeks

Call the office if you have any questions **862-247-8030**