

### **Before Treatment**

- Brush and floss your teeth before starting treatment

### **Application Instructions**

- Remove cap off whitening tube and insert a dispensing tip by twisting it securely onto the syringe
- Place a small drop of the gel onto the facial (lip/cheek) surface of the whitening tray for the teeth undergoing treatment
- Place each tray in separately. Once tray is centred over teeth, press on the chewing surface firmly to seat  
**Important:** Use extra care to avoid getting gel on your gums. Wipe away any excess gel on the gums with your finger, a tissue, or a dry, soft tooth brush. Overloading the trays with gel may cause temporary gum irritation
- Keep the trays in your mouth for a maximum of **30 minutes** for each treatment, **once per day**
- After whitening, rinse trays with cool water and use a toothbrush to remove any residual gel. Place trays in a storage case and store in a cool, dry place
- Rinse your mouth and brush your teeth with lukewarm water to remove excess gel
- Whiten as per these instructions for 7-14 days until you are happy with your new shade

### **Note**

- Do not eat, drink, or smoke while wearing your whitening trays
- It is normal to see a dark colour in the trays where you have amalgam (silver) fillings
- The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth

### **After Treatment**

- Avoid staining foods, drinks, and tobacco after each treatment
- Store any remaining whitening gel in a cool, dry place for later use. You can store them in your refrigerator

### **Expectation and Optimal Results**

- Results may vary per patient. Age, anatomy, tooth condition, hygiene, and starting shade all heavily impact results
- You should have realistic expectations about the final results
- Keep in mind that crowns, veneers, fillings, dentures, and restorations will not whiten and may require replacement following the whitening treatment
- If whitening prior to having cosmetic restorations done, please ensure that the final shade of your teeth is achieved at least two weeks prior to your appointment. Do not whiten two weeks prior to your appointment

### **Potential Adverse Side Effects**

- You may experience sensitivity and gingival (gum) irritation
- Trays that extend onto the gums may cause soft tissue irritation
- If you are experiencing sensitivity, reduce the amount of gel in your trays and/or the whitening duration
- If all the above options have been exhausted and you are still experiencing gum irritation and/or tooth sensitivity, treatment should be ceased until irritation/sensitivity subsides. Resume treatment with shorter, less frequent applications until desired whitening affect has been achieved. If discomfort continues, discontinue the treatment and consult your dental professional