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## INSTRUCTIONS FOR TEETH WHITENING

- Thoroughly brush teeth before bleaching.
- Fill the bleaching tray towards the facial side (front). Use approximately 1/3 to 1/2 of syringe. Only fill teeth areas that show when you smile. Do not use on molar teeth.
- Carefully insert the tray over teeth. If any solution flows out of tray, use finger, cloth or a toothbrush to remove excess.
- Follow oral instructions we give you on how long to bleach depending on the concentration of bleach we give you.
- After removing tray, brush teeth and clean tray. Store tray in box provided.

## PLEASE REMEMBER

- Teeth are naturally darker along the gumline and these areas may take more time to lighten than the rest of the surfaces.
- Foods and juices high in citric acid can cause sensitivity to the teeth.
- Coffee, tobacco, and other products can re-stain your teeth over time. They can be re-whitened within a few nights by using Opalescence PF.
- Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
- Keep out of reach of children. As a safety precaution, do not use this while pregnant or lactating.
- For best results – do not use tobacco products or eat while wearing your custom tray.
- Do not use household products to whiten your teeth.
- To protect the bleaching gel, do not expose syringes to heat and or sunlight. Do not freeze. For long term storage, store in a refrigerator, not the freezer.
- If you have any questions pertaining to the treatment, please call us.