

BROADLANDS FAMILY DENTISTRY LLC

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WHITENING INSTRUCTIONS

1. Brush and floss teeth.
2. Place a small dot into each of the teeth of the tray (mainly the front) to be whitened
3. Place trays in mouth.
4. Remove any excess gel with damp toothbrush or q-tip. (If a lot of excess is present, be sure to use less gel in trays at next application).
5. Wear for at least one hour per application or for convenience you may leave in overnight.
6. If significant sensitivity occurs, stop treatment for a day or two. Sensitivity should stop and you may proceed with treatment.
7. A difference will be seen after 2 to 3 treatments. Continue treatment until you are satisfied with results (normally within 7-10 days). Teeth fillings and crowns do not respond to whitening.
8. Whitening may be refreshed when you notice fading - refresh your shade by using your trays for 3-4 days. Additional whitening products may be purchased at the dental office.

Warnings:

Do not use hot water on your trays when rinsing them

Be careful of leaving trays where your animals can get to them (they like to chew them!)

Refrigeration will give your gel about a 2 year shelf life