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Tooth Whitening Instructions

The following treatment option has been chosen for you

Concentration	Relief Gel Wear Time	Recommended Wear Time	Comments
NiteWhite 10%,	½ hr	Overnight 4-6 hrs	Recommended daily use
NiteWhite 22%	½ hr	1 hr once a day	Do not exceed 1 hour per application

- Active ingredient in Nite White syringe: Carbamide Peroxide
- Active ingredient in Relief Gel: Potassium Nitrate, Sodium Fluoride

Procedure

1. Brush and floss teeth.
2. Apply Relief Gel in trays ½ hr. before whitening.
3. Remove trays and clean thoroughly with Qtip.
4. Place mixing nozzle on syringe, apply small amount of whitening gel in each tooth compartment (molar to molar).
5. Place tray with gel in mouth. Make sure tray is completely seated, and comfortable.
6. While seating tray you may notice excess gel on gum tissue, remove gel with a dry brush or Qtip.
7. After whitening remove and rinse trays with cold water. Use Qtip to help clean trays thoroughly. Place trays in storage case.
8. Rinse and brush excess gel from your teeth.

Don't

1. Don't freeze whitening gel.
2. Use any other whitening products to whiten your teeth.
3. Overload trays.
4. Talk, eat, drink or smoke while wearing trays.

For Optimum Results

1. Treatment should not be interrupted.
2. If you skip a day of this process you must compensate for time missed.
3. Avoid coffee, tea, red wine and tobacco.

Sensitivity

1. Sensitivity should subside within 1-3 days after treatment.

Note: To help maximize your tooth whitening process we ask you keep a log of the days and times you whiten.

If you have any questions or concerns please call the office at anytime