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At-Home Whitening Directions

- Please read manufacturer's instructions
- To fill the custom trays, place one dot of whitening gel in the centre of each tooth compartment of ONLY THE FRONT 8-10 teeth that show when you smile. Do not overfill the trays, if there is overfill remove it with a cotton tipped applicator.
- Place the trays over the teeth and leave in the mouth as directed for 30 minutes, once daily for up to 14 days. One syringe should last 7 days. Store unused syringes in a dry/cool place.
- Rinse well after use.
- Avoid dark staining foods/drinks throughout your treatment; blueberries, coffee, red wine, etc.

Common side effects:

- Teeth may be sensitive to hot/cold. Use Sensodyne or sensitivity toothpaste while whitening. Symptoms should resolve a couple of days after you stop. If the sensitivity gets severe, please do not hesitate to call the office.
- Gums may appear to change colour or slough during whitening. This is very common and will also resolve itself after you finish your course of treatment.

If you have any questions or concerns, please do not hesitate to contact the office.