



Teeth Whitening – Home Instructions

1. Brush and floss teeth to remove all plaque
2. Load whitening gel into tray (a drop per tooth on cheek side of teeth)
3. Insert tray and remove any excess gel with gauze
4. Keep tray in place for time recommended by dental staff _____
5. Remove tray and brush teeth to remove any excess gel (use separate toothbrush for this)

Precautions

- Store whitening gel in cool dark place
- Foods and juices high in acid may cause tooth sensitivity
- Avoid heavy staining foods or drinks while bleaching (i.e. red wine, grape juice, coffee or tea) as this will slow bleaching process
- No smoking or eating while trays are in place
- if you experience considerable sensitivity – cut down the time the trays are in place or stop treatment until you consult Dr. Wong

Care & Maintenance of trays

Brush trays with cold water and toothpaste and store in container provided with kit

** If you have any questions or concerns please call 250-286-7437