

## **Congratulations!**

**You've just embarked on a whiter and brighter SMILE.**

Included in your whitening kit are:

- ✓ Custom trays made specially to fit your teeth.
- ✓ 12 oz. tube of Fluoridex toothpaste  
(Dispensed at your impression appointment)
- ✓ \_\_\_ syringes of **Day White 38%** whitening solution.
- ✓ Specific instructions to ensure that your teeth are their absolute whitest at the end of the 2-week bleaching period.

2 days prior to starting the bleaching process, begin brushing twice a day with the Fluoridex toothpaste.

1. Brush and floss teeth, drying teeth as much as possible (terry cloth works well.)
2. Add a small bead of solution to each "tooth" in the tray.
3. Insert the tray, ensuring that there is enough solution in the tray to completely cover the teeth.
4. Using fingernail, press in between each tooth to disperse the gel evenly over the tooth.
5. If solution overflows the tray, wipe off immediately with a tissue or your finger. (Extended exposure to gum tissue can cause irritation)
6. Leave trays in place for 30 minutes or less.
7. You may see "bubbling" within the trays while wearing them.
8. Remove tray(s) and brush to remove bleaching gel. Brush teeth again to remove any solution left on teeth.
9. Repeat process each day for 14 days.
10. Store tray on model when you are happy with the results.
11. Repeat steps 1-8 as needed to maintain the desired shade, generally 1 or 2 days once a year.

### **Possible Side Effects**

Teeth may be sensitive. If so, wear trays every other day.

Fluoridex helps with sensitivity.

Caution: Day White 38% is a high concentration whitener that may cause increased tooth sensitivity and gum irritation in some patients. Do not use for more than 30 minutes at a time.