



## Custom Fit Whitening Trays

### **Precautions and Instructions**

Congratulations on your new **custom fit whitening trays with 15% carbamide peroxide bleaching agent!** Please adhere to the following recommendations and precautions to ensure an optimal whitening experience.

#### **Precautions:**

- Do not use whitening products if you are under the age of 12 and keep the product out of reach of children.
- A dental examination and current set of x-rays on file is required prior to whitening. Active decay (cavities) and periodontal disease should be treated before beginning a whitening regimen.
- Do not use whitening products if you are pregnant. Consult a healthcare practitioner if you are breastfeeding.
- Do not use tobacco products or eat while whitening.
- Keep gel out of heat/sunlight. Do not freeze.
- Acidic foods/juices may cause sensitivity if consumed shortly after bleaching.
- This product is NOT for nighttime use.
- Crowns and fillings will not whiten because they are not natural tooth structure.
- Results of bleaching are not guaranteed. Occasionally, some parts of teeth may bleach faster or less evenly than others. Results may be varied. In approximately 5% of the population, teeth may be resistant to bleaching. Bleaching teeth with large metal fillings may cause the metal color to show through the teeth.

**Warning:** Some users may experience sensitivity or gingival irritation, which if it occurs is most often mild and transient, but in some cases may require treatment by your dentist. If you experience significant discomfort stop using this product and consult your dentist.

Please do not hesitate to call our office if you have any questions regarding your custom fit whitening trays. Enjoy!

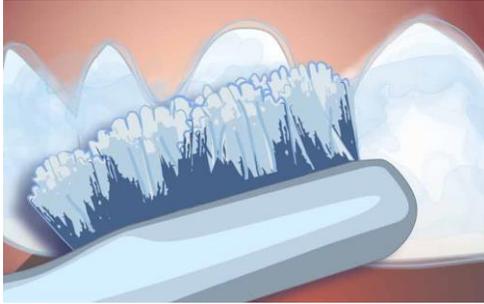
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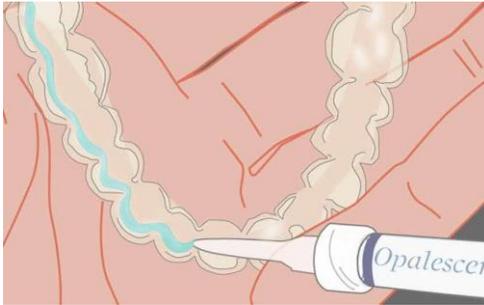
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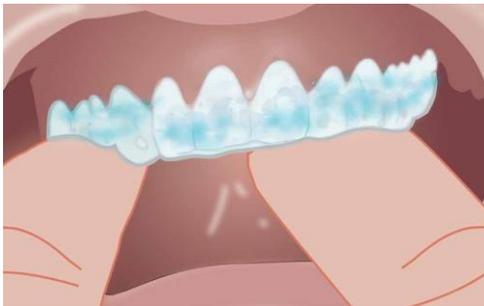
### 1. Brush teeth

Brush your teeth prior to beginning your whitening session.



### 2. Load tray

Express one continuous bead of gel approximately halfway up the facial side of the tray from molar to molar. This should use about 1/2 to 1/3 of a syringe per tray.



### 3. Insert tray

Insert the tray in your mouth and lightly tap it to adapt the sides to your teeth. For **15% carbamide peroxide bleaching agent**, wear trays for 4 – 6 hours.



### 4. Remove tray and brush teeth

Remove tray and use a finger or soft toothbrush to clean any excess gel off your teeth. Rinse your mouth twice being sure not to swallow rinsed gel.



### 5. Clean tray

Clean tray with soft brush and cool tap water. Store tray in the case that came with your kit.

If you experience any significant sensitivity, stop your treatment and talk to your dentist.