

# How to use Take-Home Whitening

## Follow me!

1. Brush and floss teeth.
2. Take the syringe out of the kit.
3. Place a small drop of gel into every compartment of the tray for all the teeth undergoing treatment.
4. Place the tray into your mouth, over your teeth.
5. Some of the gel may ooze out over the tray and onto your surrounding gums and tissue. Wipe away this excess gel with a tissue or dry soft brush.
6. Wear the trays for 30 minutes (if 35% concentration) or 4-6 hours (if 15% concentration)
7. After treatment, remove the tray. Rinse tray and mouth with lukewarm water.
8. Brush teeth.



## For effective results with take home whitening:

- Do not eat, drink or smoke during treatment.
- Do not smoke immediately after treatment – wait for at least two hours.
- Foods and drinks containing strong colors should be avoided for at least 48 hours after the treatment.
- Use gel at room temperature.
- Store in a cool place out of direct sunlight.
- Do not use gel after expiration date.



## Prefer Video Instruction?

Visit Our Website!

[www.primedentalaz.com](http://www.primedentalaz.com)

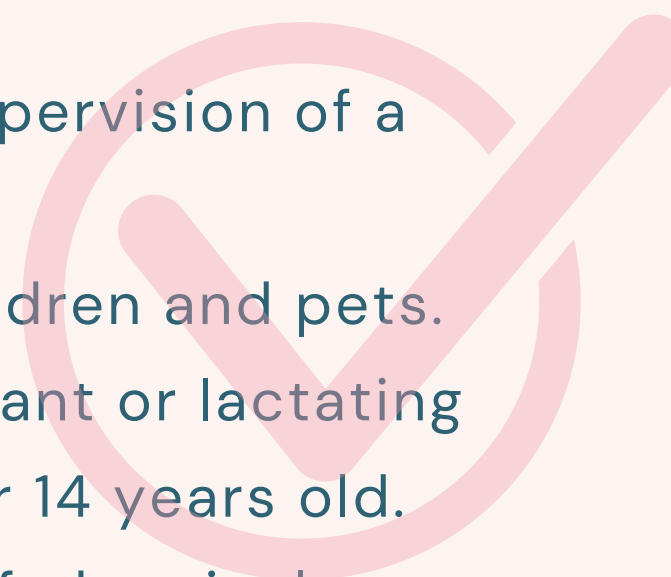
or

[www.primedentalaz.com/how-to-use-take-home-teeth-whitening/](http://www.primedentalaz.com/how-to-use-take-home-teeth-whitening/)



## Precautions

- To be used under the supervision of a dentist.
- Keep out of reach of children and pets.
- Not to be used by pregnant or lactating women or children under 14 years old.
- Patients with a history of chemical allergies are advised to carry out allergy testing by a specialist before using these products
- Discontinue use if any unusual sensitivity or reactions occur and call our office at (520) 886-2822



## Let's work together

- Whitening is not a once on a lifetime event – your results will fade over time. How long whitening lasts varies between each individual and depends on a number of factors, including: age, starting tooth shade, history of trauma to teeth, diet, oral hygiene, and smoking.
- We recommend maintaining your whitening results with a touch up syringe. Whitening is most effective after having your teeth professionally cleaned, and regular maintenance requires less work and less material.

