

MFD Whitening Trays

You will want to use the gel once or twice daily for 1-2 weeks. After this time the gel has done its job. If you are not satisfied with the shade, you might need more involved treatment. Everyone is different and results will vary. Keep any extra gel in the refrigerator and use to touch up. Whitening will last about 6 months depending on diet and home care, and you can purchase more tubes for \$10 at our office. If you have questions or concerns, please contact our office at 260-490-3495. Enjoy!

Whitening Instructions

1. Brush teeth without toothpaste
2. Apply a small dot to the facial/cheek/lip surface of the inside of the tray in each tooth you wish to use the gel.
3. Apply tray to teeth being sure the tray is seated as snug against teeth as possible. If gel oozes out the top, you used too much and should use less next time.
4. Leave trays in for 30 minutes to 1 hour (the gel is ineffective after 1 hour). You do not need to wear the trays overnight.
5. When finished with each whitening session, rinse trays with warm water and use a soft tooth brush if necessary to remove gel from the trays or teeth.

DO NOT'S

Do NOT brush with toothpaste immediately before applying gel to teeth.

Do NOT drink coffee/tea/ red wine or consume anything dark before or after whitening.

Do NOT use too much gel. If gel oozes out the gumline, you've used too much. If small amounts are ingested, it's not harmful, but large amounts can cause an upset stomach.

Do NOT eat or drink with trays in place.

Do NOT keep trays where pets can reach them. They like the smell of saliva and will eat them.

SENSITIVITY

Many patients experience sensitivity during the whitening process. If your teeth are more sensitive than you can bare, try using the gel once every other day for 30 minutes and taking 325mg Tylenol 1 hour before using. It might also help to use a sensitive toothpaste.