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INSTRUCTIONS FOR PATIENTS UNDERGOING WHITENING AND/OR MAINTENANCE

1. THE USE OF HOME TEETH WHITENING AGENTS IS AN EASY PROCEDURE FOR THE PATIENT TO PERFORM. THE RESULTS ARE SENSATIONAL!
2. A CUSTOM TRAY IS CONSTRUCTED FOR THE PATIENT TO WEAR. THIS TRAY WILL HOLD AND CONTAIN THE TEETH WHITENING SOLUTION.
3. **DIRECTIONS FOR USE:**
 - 1) FLOSS TEETH AS RECOMMENDED
 - 2) BRUSH TEETH WITH A WHITENING TOOTHPASTE
 - 3) DO ANY OTHER DENTAL MAINTENANCE PROCEDURES AS RECOMMENDED.
 - 4) APPLY THE TEETH WHITENING SOLUTION TO THE TRAY AS DEMONSTRATED. **BE SURE TO APPLY ENOUGH SOLUTION.**
 - 5) DRY THE TEETH WITH TISSUE AND PLACE THE CUSTOM (FILLED) TRY ONTO THE TEETH TO BE WHITENED.
 - 6) BE SURE THAT THE TRAY IS COMPLETELY SEATED OVER YOUR TEETH.
 - 7) **TO REDUCE SENSITIVITY:** BE SURE TO REMOVE ANY EXCESS WHITENING SOLUTION THAT MAY HAVE COVERED THE GUMS. ALSO, USE A DESENSITIZING TOOTHPASTE (IE. SENSODYNE).
 - 8) **FOR DAYTIME USAGE ONLY:** (20 - 32 % SOLUTION) LEAVE THE TRAY IN YOUR MOUTH (UNDISTURBED) FOR NO LONGER THAT ½ to 1 HOUR – UP TO TWO TREATMENTS PER DAY.
 - 9) NOTHING TO EAT OR DRINK DURING THE WHITENING PROCESS.
 - 10) AFTER USE, REMOVE THE TRAY, CLEAN IT IN **COOL WATER ONLY** (NOTE: WARM OR HOT WATER WILL WARP THE TRAY AND DISTORT THE FIT), AND PLACE THE TRAY IN THE SUPPLIED CASE.
 - 11) BRUSH TEETH TO REMOVE ANY REMAINING WHITENING SOLUTION.
 - 12) EVALUATE THE RESULTS. MOST PATIENTS SEE A NOTICABLE DIFFERENCE IN 4 TO 6 DAYS OF USAGE.
 - 13) THE BEST RESULTS OCCUR WITH CONTINUOUS DAILY USE – TRY NOT TO SKIP ANY DAYS DURING THE INITIAL TEETH WHITENING PROCESS.
 - 14) **FOR MAINTENANCE WHITENED TEETH:** (32% SOLUTION) USE WHENEVER YOU DESIRE. 20 – 30 MINUTES **ONLY**. KEEP THE SOLUTION REFRIGERATED – SHELF LIFE APPROXIMATELY 3 YEARS.

NOTE: PATIENTS MAY HAVE SLIGHT TO MODERATE DISCOMFORT TO A TOOTH OR MULTIPLE TEETH DURING THIS PROCEDURE. THIS SENSITIVITY USUALLY DISSIPATES WITHIN SEVERAL DAYS AFTER COMPLETION OF THE TEETH WHITENING PROCEDURE. THIS SENSITIVITY WILL BE GREATER IF THE TRAYS ARE OVERFILLED – BE SURE TO REMOVE EXCESS MATERIAL.

THIS SENSITIVITY IS TYPICALLY CONTROLLED BY ANALGESICS SUCH AS:

ACETAMINOPHIN (IE. TYLENOL, EXTRA STRENGTH TYLENOL),
IBUPROFEN (IE. NUPRIN, ADVIL, MOTRIN IB), OR
NAPROXIN SODIUM (IE. ALEVE)

DO NOT TAKE ANY OF THE ABOVE ANALGESIC MEDICATION WITH ALCOHOL OR ON AN EMPTY STOMACH.