


WHITENING INSTRUCTIONS

Procedure

1. Floss and brush your teeth with fluoridated toothpaste.
2. Twist off the clear plastic cap from the syringe and replace with a mixing nozzle.
3. Place a small amount of gel in each tooth compartment in the tray about this size  on the cheek (front) surface of the tooth.
4. Place the tray with the gel in your mouth. When inserting the tray, be careful not to push the gel out, but be sure that the tray is completely seated. You may see “bubbling” within your trays while wearing them. This bubbling is actually part of the whitening process.
5. Remove excess gel with your finger, dry toothbrush, or Q-tip. Avoid direct contact of the tooth whitening gel with gums and/or saliva.
6. After whitening, remove and rinse the trays with cold water. Hot water may damage the trays. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case, and store them in a cool, dry place.
7. Rinse and brush excess gel from your teeth.

Do:

*Place tip cap on syringe nozzle after each use to avoid potential product leakage.

* Continue good oral hygiene throughout the treatment.

*Store any remaining whitening gel in a cool, dry, dark place for later use once the whitening process is complete. When storing unused gel, replace mixing nozzle with the original twist off plastic cap to help ensure product strength and freshness.

Don't:

*Do not freeze whitening gel.

*Use the treatment while pregnant or lactating.

*Use any household or other whitening products to whiten your teeth.

*Overload whitening trays with gel since gum irritation may occur.

*Eat, drink or smoke while wearing your custom trays.

NIGHT WHITE
WEAR TRAYS OVERNIGHT FOR
4 TO 6 NIGHTS

DAY WHITE
WEAR TRAYS ½ HOUR TWICE DAILY
AT LEAST ONE HOUR APART FOR
10 TO 14 DAYS.

The treatment should not be interrupted. If you must skip a night or two, the process must be extended to compensate for the time missed. In order to maintain the whitest tooth shade possible, it is always best to avoid substances such as coffee, tea, red wine and tobacco.

IN GENERAL:

Some patients experience increased tooth sensitivity to cold during the treatment. Others may have nonspecific sensitivity in the teeth, gums, tongue, lips or throat. If any of these symptoms occur and are more than mild, discontinue the treatment until you speak to your dental professional. The symptoms should subside within 1-3 days after completing or interrupting the treatment.

It is normal to see dark color in the trays where you have old amalgam (silver) fillings. The gel oxidizes the surface stains on these amalgam fillings. The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

Once you have completed the treatment, your teeth may be slightly whiter than they will remain. The final color will be achieved about two weeks after finishing the whitening process.

Whitened teeth will always be lighter than they were prior to the treatment and some patients will never need to repeat the process.

If you notice that you are acquiring some stain, you may do a touch-up for a night or two every 4-6 months. Ask your dental professional for information about other Discus Dental products designed for whitening touch-ups.

ALWAYS:

Call our office at 262-284-5505 if you have questions or problems.