

PATIENT INSTRUCTIONS FOR AT-HOME TEETH WHITENING

Congratulations! You are beginning a treatment process that will most definitely improve your appearance. The amount of whitening you obtain during teeth whitening is dependent on three factors: 1.) The length of time the shims are worn; 2.) The number of times the shims are worn; and 3.) The susceptibility of your teeth and/or internal contaminants to the whitening agent. Whitening results are guaranteed...or your money back! The reason for this is that 99% of all cases give results. Result vary, but most patients are ecstatic about having whiter teeth.

Procedure:

1. Thoroughly brush and floss your teeth before applying the whitening gel
2. Load the shims with whitening gel, expressing it from the syringe evenly into the deepest portions of the shims only.
3. Seat the shims completely and firmly onto the teeth. Gently press with fingers to adapt the shims to the teeth. Excessive pressure expresses too much gel out of the shims.
4. Gently wipe off excess gel with toothbrush or Q-tip.
5. Expectorate any excess material
6. Wear Daywhite for 30 minutes, Wear Nightwhite for 1 hour.
7. When shims are removed, brush teeth and gums thoroughly. Shims should be rinsed thoroughly with cool water and placed in case, ready for next application.

Possible Side Effects:

Occasionally, patients experience increased sensitivity to cold and gum irritation during treatment. Some patients have reported temporary discomfort during whitening, such as tongue and/or lip soreness, throat irritation or moderate, continuous tooth pain. If any of these symptoms occur and are more than mild and persist, or if you have any questions or concerns, please call our office. The common side effects (sensitivity and tissue soreness) most always dissipate within one to three days after interruption or completion of treatment. A fluoride gel can be placed in your shims for five minutes to help relievier sensitivity. If teeth or gums are sensitive, delay the next application a day or two. In other words, wait until sensitivity or soreness has subsided before continuing treatment.

Precautions:

NEVER use any household or commercial whitening or bleaching agents in your mouth. ONLY use teeth-whitening agents dispensed and supervised by our office. Over-the-counter agents often have a very acid PH that can dissolve your teeth and permanently ruin your smile. Our gel has a neutral PH. **Keep whitening gel in refrigerator to extend shelf life.**

Note: Normal tooth whitening starts at the biting edges of the teeth and works it's way up. Normal color of teeth is darker toward the gum line. We have treated thousands of cases since offering this treatment, and not one patient has experienced any irreversible effects to their teeth.

KEEP OUT OF REACH OF CHILDREN / KEEP OUT OF SUNLIGHT

CONTACT OUR OFFICE AT 872-2366 WITH ANY QUESTIONS OR CONCERNS