

Tooth Whitening (bleaching) gel will only whiten natural teeth. It will NOT bleach (whiten), nor harm bonding, caps, crowns, bridges, fillings or any other artificial dental work. You may have to have the dentistry redone in order to match your new white teeth. Tetracycline (an antibiotic) stained teeth or greyish teeth are more difficult to bleach and have a varied result. Exposed root portion of teeth which occurs with gum recession will also not bleach. If you have amalgam fillings in, near or behind the front teeth, long term bleaching can cause the surrounding tooth to have a greenish tinge. Bleaching teeth which have a lot of translucency can cause the teeth to become even more translucent and may give the tooth a darker appearance. It is important to consult a dentist if you have any of the above concerns.

Sensitivity: Your teeth or gums will most likely become sensitive. This is common while using all products containing peroxide based gels and it is not harmful. In case of increased sensitivity reduce usage time and/or frequency until the sensitivity subsides. Using sensitive toothpaste in the trays may help.

Warnings: Keep bleaching gel out of reach of children. Do NOT use if pregnant or during nursing. Do NOT smoke, drink or eat while bleaching your teeth.

1. PRIOR TO TREATMENT - Brush and floss just prior to bleaching your teeth. The whitening gel is the most effective with clean teeth. Try the trays in first without any bleach to check the fit and comfort. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process

2. APPLYING THE BLEACHING GEL - When you apply the gel make sure not to fill the trays. Place a SMALL drop of tooth whitening gel half way up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. Recap the syringe for next treatment until empty. The average treatment per arch requires approximately 0.5ml of whitening gel. We recommend that you only bleach the front 6-8 teeth as no one sees the back teeth.

3. INSERTING THE BLEACHING TRAYS - Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums with a damp tissue.

4. WEARING TIME -We recommend that if you have not whitened before, use for 30 minutes to 1 hour the first time and increase the wearing time if there is little or no tooth sensitivity. Day White and Dentist.net Hydrogen Peroxide Bleaching gel should be used for 60 mins to 90mins. For best result wear on consecutive days, for a period of 10-14days. Any longer than this will have no increased benefit.

5. AFTER WHITENING - Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning. Apply sensitive toothpaste if your teeth become too sensitive - follow steps 1 through 4 again using the sensitive toothpaste.

6. CARING FOR YOUR TRAYS AND GEL - Clean whitening trays with a toothbrush or Q-tip and cold water. Store trays in the tray holder and gel in cool dry place away from heat and direct sunlight. Store the gel in a cool dry place, do not freeze.