



Take Home Whitening Instructions

- Wear your custom made trays for 30 minutes per day for 2 weeks maximum unless otherwise directed and touch up as needed.
- Brush the teeth before and after with fluoridated toothpaste.
- Only place whitening gel in specified wells on the trays. Wipe excess gel off of the tissue/gums.
- Avoid food that would stain a white shirt while whitening and for 2 weeks after to obtain optimal results.
- Some tooth sensitivity is normal; if the sensitivity is causing more discomfort than you would like, discontinue use and call the office.

Office Emergency Number: 405-737-0404