

Whitening Instructions

Your bleach:

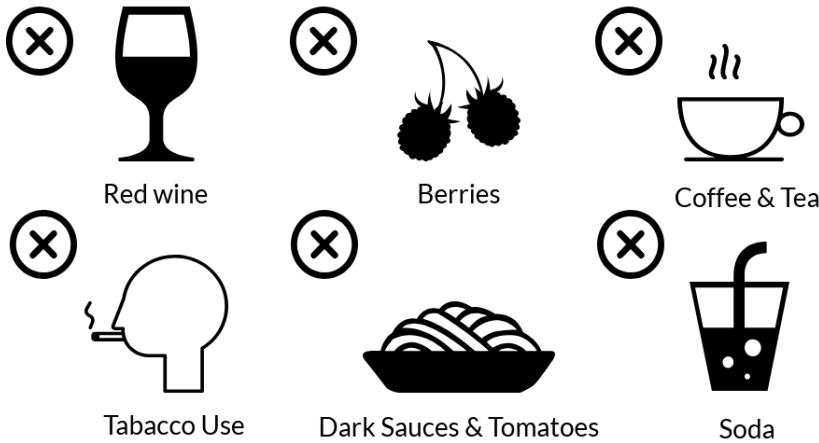
- DayWhite 9.5% HP: Wear 30-60 minutes once a day.
- DayWhite 14% HP: Wear 30 minutes once a day.
- NiteWhite 16% CP: Wear 2-4 hours once a day or overnight.

Instructions:



- 1 Floss and brush your teeth. Twist off the clear plastic cap from the syringe and replace with the mixing nozzle.
- 2 Place a small "teardrop" amount of gel in each tooth compartment in the tray.
- 3 Place the tray with the gel in the mouth.
- 4 Remove excess gel from the gums. Be careful not to push the gel out of the tray when inserting. You may see bubbling within your trays, this is part of the whitening process.
- 5 Wear for the suggested time.
- 6 After whitening, remove and rinse trays with cold water. Hot water may damage trays. If necessary, use a toothbrush to remove any residual gel. Rinse and brush excess gel from teeth.
- 7 Continue bleaching **consistently** for 10 - 14 days.

Things to avoid while bleaching:



Tips:

1. Use straws!
2. Need re-eval & touch-ups
3. Commitment = whiter teeth
4. Teeth will be more sensitive
5. Teeth stain more easily during the process

Start Date: _____

Start Shade: _____

Ending Date: _____

Ending Shade: _____

Patient Signature: _____

Team Member Signature: _____