



## Whitening Instructions

- Start by first brushing and flossing your teeth.
- Put one small drop of whitening solution in each tooth (in tray) that you desire to have whiter. It is usually not recommended to whiten back teeth, since you will not see them when you smile anyway.
- Place the trays in your mouth. If there is any excess solution, wipe it off.
- Wear the trays for 1-2 hours every day for 2 weeks. If you experience sensitivity, wear them every other day.
- Do not eat or drink while wearing the trays.
- When finished, rinse trays off with cold water. Brush and floss your teeth again.
- Try to stay away from dark foods and beverages in order to achieve the best result.
- After the two weeks is up, you may occasionally wear the trays to touch up. (However do not wear the trays continuously everyday).