

## **DO**

- *Place tip cap on syringe nozzle after each use to avoid potential product leakage.*
- *Continue good oral hygiene throughout the treatment.*
- *Store any remaining whitening gel in a cool, dry place for later use once the whitening process is complete.*
- *When storing unused gel, replace mixing nozzle with the original twist off plastic cap to help ensure product efficacy.*
- *Discontinue use if extreme sensitivity, call the office.*

## **DON'T**

- *Freeze the whitening gel.*
- *Use the treatment while pregnant or lactating.*
- *Use any household or other whitening products to whiten your teeth.*
- *Overload whitening trays with gel since gum irritation may occur.*
- *Eat, drink or smoke while wearing your custom trays.*

## **Smile & Implant Center of Rockland**

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### **FOR OPTIMUM RESULTS**

The treatment should be uninterrupted. If you must skip a night or two, the process must be extended to compensate for the time missed. In order to maintain the whitest tooth shade possible, 72 hours after whitening, it is always best to avoid substances such as coffee, tea, red wine and tobacco.

### **ALWAYS**

Call or e-mail the Smile & Implant Center if you have any questions.

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## **Pre & Post op Instructions for In-Office or At- Home Whitening**



### **Smile & Implant Center of Rockland**

*Creating Extraordinary Smiles*

[www.smilecenter.org](http://www.smilecenter.org)



## Before your appointment

- Brush with fluoride toothpaste lightly prior to your whitening treatment.
- Take two Advil's prior to your visit.

## What you may expect during procedure:

- You may experience a tingling sensation, numbing and or dry lips.
- When applying the glaze you may feel a pushing/tugging around the gums and a cold sensation on teeth.
- When removing the solution you may be sensitive with the suction.
- Reminder: Teeth can be sensitive for few days after this treatment. Lips and gums can be sensitive when brushing for a week. Avoid very hot / cold foods and drinks for a couple of days.

## AT-HOME INSTRUCTIONS FOR WHITENING TRAYS

1. Floss and brush your teeth with a fluoridated toothpaste.
  2. Twist off the clear plastic cap from the syringe and replace with a mixing nozzle.
  3. Place a drop of gel in each tooth compartment in the tray. To guide you, the “gel drop” should be the average size drop you should dispense into each tooth compartment.
- Remember this is a guide line only—if you have **small teeth, use a smaller gel drop. Conversely, if you have larger teeth, use a slightly larger drop.**
  - Starting with the second treatment, first extrude any remaining gel in the mixing nozzle (about 1/3 dosage mark) to ensure a freshly mixed batch is used. Then place a small amount of gel in each tooth compartment as before.
4. Place tray, with gel into the mouth. When inserting the tray be careful not to push the gel out, but be sure that the tray is completely seated. You may see “bubbling” within your trays while wearing them. This bubbling is actually part of the whitening process.
  5. Remove excess gel with your finger or a dry toothbrush. Avoid direct contact of the tooth whitening gel with gums and/or salivary flow.
  6. 1 hour daily
  7. After whitening, remove and rinse the trays with cool water. Hot water can damage the trays. If necessary use a toothbrush to remove any residual gel from the trays. Place the trays in the storage case provided and store them in a cool, dry place.
  8. Rinse and brush the excess gel from your teeth.

