



## **How to Use Your “White for Life” Gel and Custom Trays**

- Brush and floss teeth as you normally would.
- Apply a very small drop of gel ( $\frac{1}{2}$  the size of a pea) into *each* tooth of the custom trays; only put gel on the teeth that you want to whiten to avoid waste.
- Place the trays completely onto teeth; gel should spread evenly and cover each tooth.
- Wipe excess gel from gums with a moist cotton swab to prevent irritation.
- Leave trays in mouth for 30 minutes to 1 hour (gel becomes inactive after 1 hour, so wearing for longer periods of time will not increase results).
- Remove trays, rinse your mouth with water (or brush teeth) to remove the inactive gel.
- Rinse trays with COLD water *only* and brush excess gel out with a wet toothbrush.
- Store your trays in the plastic case provided.
- The amount of time that a syringe of gel should last varies from patient to patient; it usually does not last more than 7 days.
- Sensitivity is common with any type of tooth whitening, especially with professional strength gel. If you have any sensitivity, discontinue use until it goes away, then start using gel again.
- Repeat the procedure every day, as tolerated; using this method one day a week only will not provide results.
- If whitening trays become lost or damaged, please call the office to schedule a visit, and bring the molds (that were given to you at the time of the try-in) with you. This ensures a faster and less costly re-make.
- You will receive a new syringe of gel at your next 6 month visit provided that you adhere to your recare visit schedule and the “White for Life” program guidelines.