

Whitening Instructions - Nitewhite

How to use:

1. Brush and floss.
2. Place a thin continuous line of whitening gel in the teeth grooves or indentations. About ¼ of a syringe per tray.
3. Wear trays 1 ½ to 2 hours, for best and fastest results wear overnight.
4. After placing trays in the mouth if any excess gel is on your gums, wipe off with your finger. Otherwise, if left on your gums it will feel like a pizza burn.
5. Do not eat, drink, or smoke with trays in your mouth.
6. You will have *temporary* sensitivity during the treatment. If your teeth are very sensitive skip a day or two; one or two advil/ibuprofen works well. [For the very sensitive person, before whitening use either sensodyne toothpaste or our office desensitizer toothpaste for two weeks and then start whitening. Continue using the toothpaste during whitening treatment. You will notice substantially less sensitivity.](#)
7. When removing trays use luke warm water to brush your teeth. They may be sensitive at first. You can brush the trays out and place in the retainer case.
8. Any unused syringes can be stored (dark, cool, dry area) for up to two years to be used for periodic touch up treatments.

Things to avoid:

1. During your 10-14 day treatment try to avoid products dark in color such as coffee, tea, dark cola, red wine as well as smoking. They can slow the whitening process down.
2. Be careful with very citrus type foods such as oranges and carbonated beverages. They can cause sensitivity as well.
3. Keep trays in retainer case when not wearing. Dogs, cats, and kids love to take or hide them. Also, if left in a warm place (window sill) they can deform in shape.

**Any questions please call
(952) 974-5116**