

## **Lake Charles Family Dental Care**

Family, Cosmetic & Sedation Dentistry

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### **Instructions for Whitening**

1. Brush your teeth 1 hour prior to whitening.
2. Fill the outside of each tooth about half way with the gel.
3. Place the trays in your mouth.
4. If the gel seeps out of the tray, wipe the gel from your gums. If the gel remains on your gums, it will cause slight irritation and whitening of gums.
5. Start by wearing your trays for 30 minutes a day. If you do not experience sensitivity you may increase the wear time but do not exceed 2 hours. If you experience sensitivity, you may consider wearing trays every other day.
6. After removing the trays, brush your teeth and rinse out the gel from the trays.
7. Place Fluoridex toothpaste in trays and wear for an additional 10 minutes.
8. Avoid smoking, drinking coffee, tea, red wine or other food and drinks that may stain your teeth 1 hr after wearing trays.
9. Please call or email the office if you have any questions or concerns.
10. Thank you, and when your friends ask how you got your teeth so bright & white, tell them to give us a call!