PATIENT INSTRUCTIONS FOR TOOTH WHITENING

PREPARING THE TRAY:
1. Thoroughly brush and floss your teeth prior to using the tooth whitening gel.
2. After removing the cap from the Opalescence syringe tip, express the gel evenly into the deepest portion toward the lip side of the custom-fitting tray. Do not overfill the tray. Only ½ of the syringe is necessary for each tray.
3. Seat the tray completely and firmly over the teeth. Using a toothbrush or Q-tip, gently remove any excess gel that may have flowed beyond the edge of the tray. You may gently rinse your mouth taking care not to swallow.

TREATMENT REGIMEN:
4. The soft custom-fitting tray is usually worn while sleeping. However, you may also go about your normal daily routines while wearing the tray. Yet the tray should be removed before eating or drinking.
5. You are recommended to wear the tray every other night for a two-week period.
6. Dr. Keith & Dr. Chao prefer that you whiten the upper teeth first so that you may compare the whitening progress against the lower teeth as a guide. Also, many patients find it more comfortable to wear only one tray at a time. Once you have completed whitening of the upper teeth you may commence the treatment of the lower teeth.
7. In the morning when you awake, remove the tray. Brush and rinse the residual gel from the teeth and the tray. Trays should be dried and stored in the case provided in a cool place out of the reach of children or pets.

TOOTH WHITENING TIPS:
8. To protect the bleaching gel, do not expose the syringes to heat and/or sunlight.
9. As a safety precaution, do not use Opalescence while pregnant or breast-feeding.
10. Do not use household products to attempt to whiten your teeth.
11. **DO NOT SMOKE** or use tobacco products while whitening your teeth.

PLEASE REMEMBER:
12. Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker after treatment.
13. A small percentage of patients experience tooth sensitivity with home bleaching. Should this occur, stop using the product for a few days and then complete the process by whitening every third night. If sensitivity remains, please contact Dr. Keith/Dr. Chao for further instructions.
14. Food and juices high in citrus acid content may also contribute to tooth sensitivity.
15. Some patients have noticed temporary discomfort of the gums, lips or throat. This is often due to overloading the trays, and excess material that is in contact with the soft tissues for an extended period of time. These symptoms will typically subside within 1-3 days after treatment is discontinued.
16. Coffee, tea, red wine, tobacco and other products can prevent an optimal whitening effect and will re-stain your teeth over time.

YOUR STARTING TOOTH SHADE IS: _____________________________