

## Whitening instructions

1. Two weeks before whitening, brush your teeth with a desensitizing toothpaste with a potassium nitrate base (2 times a day for 2 minutes) and floss.
2. Place a **small** drop of gel on the front wall of the trays.
3. Insert the whitening trays on your teeth. Eliminate any excess gel on the gums.
4. Wear the whitening trays for 30 minutes during the day. Do not drink, eat or smoke when wearing it.
5. When the 30-minute time is over, gently rinse and brush your teeth.
6. Wash the trays with a toothbrush and liquid dish soap (Down, Sunlight, Palmolive), dry it and store in its case.
7. On treatment days, avoid; coffee, tea, dark soft drinks, red wine, tomato sauce, soy sauce, beetroot, curry, mustard and acidic food, as well as smoking.
8. Hypersensitivity of the teeth and/or gums may occur during treatment.

### Possible temporary drawbacks and solutions:

- **Whitish and sensitive gums** (too much gel has been applied to the trays or the excess has not been removed from the gums). Apply vitamin E (capsules from the pharmacy). Cut the capsules in 2 and rub the gums with the vitamin. This will decrease inflammation.

- **Irritated throat** (too much gel has been applied). Avoid spicy and very hot food.

- **Sensitivity to hot, cold and to touch** Use sensitive tooth toothpaste (Sensodyne, Colgate Pro-Relief). Avoid acidic foods.

**Sensation of small electric shocks in the teeth** If there is no medical counter indication, take Ibuprofen (Motrin, Advil) or Acetaminophen (Tylenol)

**Note:** If the symptoms are too bothersome, you can take a break from treatment for a day or more. Contact us at 819-525-7755, if you are concerned or have any questions.