

## **Instructions for Tooth Bleaching Gel**

(For your convenience, you can print this page)

Congratulations! You have made an excellent decision to improve your smile.

Please read the following information and don't hesitate to call the office if you have any concerns. Also, remember to tell your friends about the wonderful results you will achieve.

The syringe-delivered material is a sticky gel with a special time-release formula for daytime use. Wear your mouth tray for one or two one-hour treatments during the day, consecutively if possible. Treatment time is seven to 12 days, unless otherwise specified by us.

Brush and floss your teeth.

Twist the top of the seal syringe to align the tip with the black O-ring. Extrude a small amount of Life-Like gel into each tooth space of your mouth tray. The calibrations on the side are designed to prevent you from overfilling the mouth tray. You need just 1/2 cc of material to fill the entire tray. If the material is too difficult to get out of the syringe, take a pair of scissors and simply trim back the syringe tip.

Place the tray in your mouth. Using 1/2cc leaves no significant excess material.

Wear the tray for one or two one-hour treatments, done consecutively, if possible.

Remove the tray between treatments. Rinse or use a wet toothbrush to clean your teeth. Also, rinse and brush out your tray to remove excess material that may be present after each treatment.

Repeat this procedure for seven to 12 days. Monitor your results until you have achieved the desired whiteness. Optional - refrigerate material when not in use.

### ***SUGGESTIONS:***

Refrain from eating, drinking or smoking for 30 minutes after wearing the whitening gel. Also avoid citrus foods and beverages to minimize discomfort from sensitivity for approximately 30 minutes.

If sensitivity should occur, wait 24 hours before resuming bleaching treatments. If sensitivity should persist after treatment has ceased, please consult with our office.

To maintain whiteness, repeat the treatment procedure for two days every four to six months, or as prescribed.