

Show the World Your Beautiful Smile

Whitening Gel Application Instruction

1. Brush and floss your teeth; make sure bleaching trays are clean and dry prior to applying whitening gel.
2. Fill the outside (buccal) wall of each tooth in the tray with a pearl of gel.
3. Gently press tray to move the gel into place.
4. Wipe excess gel, which seeps over the brim of the tray, off of your gums.



5. **22%–Daytime use:** up to 60 minutes, once or twice a day;
16%–Daytime use: 4–6 hours, once per day.
If sensitivity occurs, discontinue use for 24 hrs.
6. 22% and 16%–**Nighttime use:** up to 8 hours; switch to daytime use if it's sensitive.
7. Use for periods of longer than **14 days** is not recommended.
8. After whitening, rinse your teeth, brush away any remaining gel, don't swallow it.
9. Clean bleaching trays with a toothbrush and **COLD** water.
10. Refrigerate gel when not in use, watch the expiration date.
- 11: **DO NOT** use if pregnant or breastfeeding.
DO NOT eat, drink, smoke while wearing bleaching trays.
12. If irritation (redness, swelling, soreness) of the gums or the mouth occurs, discontinue use and contact Dr Lee's office, please.
13. **Aavoid staining foods and drinks for at least 48 hours after in office whitening**

Signature: _____

Date: _____



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