



## *Instructions For Using Whitening Gel*

1. Brush and Floss teeth daily, avoid using toothpaste containing hydrogen peroxide or baking soda or any other whitening products on your teeth.
2. apply a small amount of whitening gel in the face-side of the of each tooth space, except the last molars. Place the trays with gel in your mouth.
3. wipe excess gel using your finger, Q-tip, or a clean toothbrush.
4. for 15% carbamide peroxide overnight whitening gel, sleep with your tray in place for 7-8 hours (minimum of 4 hours).
5. For Nite White 22% carbamide peroxide whitening gel, wear your trays once or twice daily for 1-2 hours per application.
6. For ZOOM touch-up whitening gel, wear your trays once or twice daily, never exceed 1 hour per application.
7. After whitening, remove and rinse the trays with cool water, removing all residual gel. Store trays in their case in a cool, dry place. Rinse and brush excess gel from teeth.

## *Additional Whitening instructions*

- Store any additional whitening gel in the refrigerator for later use. The gel has a shelf life of 1 year
- Avoid citrus food and juices because they can cause tooth sensitivity. **Do not use** tobacco for at least 48 hours after whitening. Avoid coffee, dark colas, red wine. These things cause re-staining of the teeth.