

## Instructions for Tooth Bleaching Gel

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.

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 ½ cc of material to fill the entire tray.

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

Wear the tray while you sleep.

When you wake up brush your teeth as normal, rinse and brush out your tray to remove excess material that may be present after each treatment. Do not use hot water.

Repeat this procedure for 7-12 days. Monitor your results until you have achieved the desired whiteness. Keep bleaching gel out of direct light.

### Post- Whitening 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.

Don't be alarmed if your teeth become sensitive. It is a temporary side effect some people have. The sensitivity will go away completely 1-2 days after the bleaching has stopped.

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