



Home Whitening Instructions

** Brush and floss teeth, then rinse mouth well.

** Place 1 drop of whitening gel into the space of the appliance for each tooth to be lightened.

** Insert tray into mouth over teeth. Allow the excess material to flow out. You can remove excess gel with a toothbrush.
Expectorate as necessary.

** Wear the whitening trays for 30-45 minutes depending on the type of gel being used.

** Do not eat, drink (except water) or use tobacco products while wearing your trays.

** Remove the trays; Remove any remaining gel with clean finger or soft toothbrush.

** Rinse twice. Do not swallow rinsed gel.

** Clean trays with soft brush and rinse with cool tap water after each treatment.
Store trays in case provided.

This is done over a period of two to three weeks until the desired result is achieved.

If sensitivity occurs, discontinue for 24 hours. Re-start treatment 24 hours later.

Foods and juices high in citric acid can cause sensitivity to the teeth.

Some people have noticed temporary discomfort of the gums, lips, throat or tongue. These side effects usually subside within 1-3 days after treatment is discontinued. Should any of these symptoms persist more than 2 days (or progressively worsen), call us.

Porcelain restorations (crowns, bridges, veneers) and composite fillings will not whiten.

Although this is not a permanent treatment, annual touchups of only a few days at a time can maintain the original whitened result. **John P. Roeder, DMD** 45 Darby Road Paoli, PA 19301 (610) 647-7272



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Coffee, red wine, tobacco and other products can re-stain your teeth over time.
Some old amalgam fillings may leave a dark purple color in your whitening tray; this is normal.

Store whitening gel out of the sun and heat.

Refrigeration is recommended. Do not freeze.

Keep whitening gel out of reach of children.

John P. Roeder, DMD

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