



MARION

SMILE CENTER

Instructions: Whitening at Home

Congratulations for choosing to whiten and brighten your smile!

Customized Whitening Tray Care:

- Brush & floss first.
- Place whitening gel in the trays in the middle of the front surface of each tooth. Place whitening trays in your mouth. Once trays are inserted, gently push gel up the tooth towards the gum line. Wipe excess gel off of gums.
- Wear trays 30 minutes a day for 14 sessions or until desired result is reached. To maintain your white smile, use trays once a month.
- Gently remove trays from your mouth and brush gel off the teeth with a wet toothbrush (**NO TOOTHPASTE**) & rinse trays out with **cold** water (hot water will warp tray).
- No eating or drinking anything that can stain a white T-shirt for the rest of that day. Examples: red wine, tea, coffee, cola products.
- Store Gel in refrigerator until next use.

IF SENSITIVE, reduce wearing trays to only 15 minutes and use prescription grade Clinpro toothpaste (available in our office) each time you brush on your teeth.

If sensitivity persists, place Ultra EZ (available in our office) in your clean trays and wear 15-60 minutes directly after whitening.

You can also reduce whitening to every other day.

“A beautiful smile is your greatest social asset!”

This guide, along with others, can be found at mmSmileCenter.com under the “Patient Resources” tab.