

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. Use about ¼ of gel syringe per tray. Place whitening trays in your mouth. Wipe any excess gel off of gums.
- ***Wear trays 30 minutes*** (60 minutes maximum wear time with 35% gel) a day for roughly 14 sessions within the first month or until desired result is reached. To maintain your white smile, use trays about once a month.

NOTE: ***The number of days required depends on the severity of tooth stains.*** Stopping for multiple days does not jeopardize continued whitening when re-initiated.

- 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 your whitening to prepare for a cosmetic procedure with Dr. Marion, you want to schedule your treatment with him 2 weeks after you've reached your desired whitening result.

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.

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.