

# Patient's Instructions for At-Home Tooth Whitening

## Instructions for Use:

For best results follow these instructions and all verbal instructions from dental staff.

- 1.** Brush and floss you teeth before and after each treatment
- 2.** Remove cap from Natural Elegance syringe and attach syringe tip. Save cap to replace on syringe.
- 3.** Remove custom tray from tray case.
- 4.** Apply whitening gel into the front (facial) side of each tooth indentation in upper and/or lower trays(s). Place gel only in spaces necessary for whitening (omit back tooth indentations in tray) do not overfill tray.
- 5.** Fit tray firmly on your teeth as instructed, wipe off excess gel on gums with tissue.
- 6.** Remove syringe tip from syringe and replace cap on syringe.
- 7.** Rinse syringe tip and wash hands with soap and water.
- 8.** Standard wearing time is 30-60 minutes daily. However, follow time prescribed by dental professional.
- 9.** Do not eat, drink, or smoke during treatment time, avoid grinding teeth.
- 10.** Following treatment, remove custom trays from mouth.
- 11.** Remove gel from teeth by brushing teeth with warm water.
- 12.** Clean tray with warm water and gently brush with toothbrush.
- 13.** Store custom tray separately from molds. Store gel at room temperature. If get is not used within the first week put the gel in the refrigerator. Keep away from light and heat.
- 14.** Avoid drinking coffee, tea, red wine, dark colored soft drinks, or using tobacco products for at least 30 to 60 minutes after each treatment.

- You may temporarily experience sensitivity to hot or cold foods and liquids, or soreness of the gums. Aspirin or Ibuprofen may help reduce discomfort. However, if symptoms are extremely uncomfortable report your symptoms to your doctor immediately.
- Use Natural Elegance daily as instructed by your dentist.