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AT HOME BLEACH TRAYS

Usage instructions for professional dental whitening gel.

It is important that you apply the tooth whitening gel properly so you do not waste any of the gel and so that you experience the least amount of sensitivity while using the gel.

PRIOR TO TREATMENT:

Brush and floss your teeth just prior to bleaching. The whitening gel is most effective with clean teeth. Try the trays in first without any bleach to check the fit and comfort. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.

APPLYING THE BLEACHING GEL:

When you apply the gel make sure not to fill the trays. Place a SMALL drop of tooth whitening gel half way up in the front of each tooth in the tray. Do not spread the bleach around. Recap the syringe for next treatment until empty.

INSERTING THE BLEACHING TRAYS:

Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe any excess gel, which seeps over the brim of the tray onto your gums, with your finger or tissue. Wear the tray with the gel as directed below.

WEARING TIME:

We recommend that if you have not whitened before, use for 30 minutes to 1 hour the first time and increase the wearing time if there is little or no tooth sensitivity. Depending on your level of sensitivity trays can be worn every day, every other day, or however often is comfortable.

AFTER WHITENING:

Remove the tray and brush any remaining gel away. Rinse thoroughly.

CARING FOR YOUR TRAYS AND GEL

Clean your whitening trays with a toothbrush and toothpaste or Q-tip and warm water. Store trays in the case provided and gel in a cool dry place away from heat and direct sunlight. The gel may be refrigerated to prolong the shelf life, but do not freeze. Dental whitening gel can be refrigerated for long term storage. Shelf life is 3 months un-refrigerated and 1 ½ years stored in the refrigerator.

SENSITIVITY:

Your teeth or gums will most likely become slightly sensitive. This is common while using all products containing peroxide based gels and it is not harmful. In case of increased sensitivity reduce usage time and/or frequency until the sensitivity subsides.

WARNINGS:

Keep bleach gel out of the reach of children. DO NOT use if pregnant or while nursing. Do NOT smoke, drink or eat while bleaching your teeth.

Call our office if you have any questions or concerns.