Whitening Instructions

CANNON
FAMILY DENTISTRY

- Place gel on the surface that corresponds to the front of the tooth.
  It is not necessary to place gel on the back teeth or the back side of the front teeth.
- Use a small pea-sized amount of bleach on each tooth to be whitened.
- Start of whitening 15-20 minutes.
- Increase time gradually to one hour.
- If teeth become sensitive, skip a day.
- Keep trays clean by brushing them just like your teeth, let air dry and store in tray case.
- Never put trays in HOT water or Listerine.
- When not in use, keep trays away from indoor pets. They love them for chew toys.
- When desired whitening shade is reached (typically in about two weeks) then just touch up as needed. Store extra whitening gel in the refrigerator.
- Do not throw away your models, keep them in a bathroom drawer. if something should happen to your trays a new set can be made.