



AG Dental Studio
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Whitening Application Instructions

- All whitening should be done under the guidance of your dentist and after a thorough exam and diagnosis. All whitening gels differ in procedures, time and effectiveness. Please discuss with your DDS before starting.
 - Floss and brush your teeth. Do not use any sensitivity toothpastes prior to whitening!
 - If you are sensitive after you may use sensitivity toothpastes only after the session.
 - Make sure your trays are dry!
 - Place small amount (a drop) of gel in each tooth compartment you want to whiten. (DO NOT OVERLOAD!)
 - Lift upper lip, dry teeth and place upper tray. Lift lower lip, dry teeth and place lower tray.
 - Do not push gel out. If gel does come out, simply wipe with a Q-Tip. Bubbling in tray is normal.
 - Remove excess with Q-Tip to avoid any irritation to gums
 - **Treatment time:** 30min 1x/day or 15min 2x/day for maximum 2 weeks (we can add additional time with my evaluation and approval only)
 - After whitening, rinse trays with cold water. Use a toothbrush to remove residual gel from tray.
- NOTE:**
- Do not eat, drink or smoke while wearing the trays.
 - Once finished placing gels in trays, cover syringe and place in a refrigerator to keep cold.

- It is normal to see dark colors in trays where you have amalgam (silver fillings).
- If your teeth or gingiva (gums) are too sensitive, you can skip a day and then continue or consult your dentist. Some irritation/sensitivity is normal. If you have questions ask.
- The area of the tooth closest to the gums may take longer to lighten than the biting edge of tooth. It will also remain the darkest part of tooth due to the anatomy of teeth. If you feel your gums or teeth are too sensitive you can skip a day and resume the following day or consult with me.

GOOD LUCK AND SMILE!