



# East York Dental Centre

## HOME WHITENING INSTRUCTIONS

1. Brush and floss.
2. Half fill indicated tooth forms with gel. **REMEMBER:** if you have smaller teeth, use half this amount.
3. Insert tray and wipe excess bleach with gauze.
4. Do not smoke/eat/drink during use of bleach.
5. Wear as prescribed number of times per day/week for prescribed amount of time.
6. After removing trays, rinse mouth and tray.
7. Please contact the office if you have any questions.

**NOTE: TRAY SHOULD BE RINSED IN COLD WATER. HOT WATER CAN DAMAGE TRAYS.**

**Some patients experience increased tooth sensitivity to cold during the treatment. Others may have non-specific sensitivity in their teeth, gums, lips or throat. If any of these symptoms occur and are more than mild, discontinue the treatment until you speak with your dental professional. The symptoms should subside within 1-3 days after treatment.**